

## **BIODATA OF DR. MD ANZAR ALAM**



### **PERSONAL INFORMATION**

Name: Dr. Md Anzar Alam  
Designation: Assistant Professor  
Department: Moalajat (Unani Medicine)  
Qualification: MD (Moalajat), Ph.D. (Moalajat)  
Date of Birth: 10-04-984  
Registration No.: DBCP/U/7553  
ABHA No.: 91-5178-4162-8582  
Passport No.: W5135441  
Date of Joining: 18-02-2022  
Email: [dranzarnium@gmail.com](mailto:dranzarnium@gmail.com) [dranzaralam@jamiahamdard.ac.in](mailto: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 common entrance exam for PG-2012:** First Rank holder, among 324 applicants, NIUM PG-entrance, Bengaluru-91

## 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
Ph.D. (Moalajat i.e. Medicine)	NIUM-RGUHS-Bangalore
Research Tittle 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, 11<sup>th</sup> 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, 10<sup>th</sup> 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 IN 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 Luqman 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**

- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.

- 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

- 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.
- 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.
- 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.
- Unani Pharmacotherapy in the Management of Parkinson's disease: A Therapeutic Approach in Pharmacotherapy of Parkinson's Disease- Elsevier- Under proof reading.

#### BOOKS BY AUTHOR

- Research Methodology with Special Emphasis on Unani Medicine.
- Unani Medicine and Its Role in Addressing Sexual Problems: A Holistic Approach

3. A Historical Journey of Diabetes Mellitus: From Ancient Descriptions to the Discovery of Insulin.

#### PUBLICATIONS LIST: FROM JANUARY 2013 TO TILL DATE

1.	Spirulina: possible pharmacological evaluation for insulin-like protein.	Journal of Applied Phycology. 2013; 25(3):883–889.
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 Oct; 4(4): (B) 1148 – 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), 460-74.
8.	Irqunnasa aur Zakriya Razi-Ek Tahqeeqi Jayeza,	Jahane Tibb. 2013; Jild-15;43-47.0
9.	Tahlab (Spirulina) And Few Other Medicinal Plants Having Anti-Oxidant & 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 ( <i>Alium Sativum</i> 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 ( <i>Piper cubeba</i> ) & Its Healing Corollary in Unani Medicine: An Overview.	American Journal of Pharmacy & Health Research. 2013; 1(6):1-9.

13.	Qust ( <i>Saussurea Lappa Clarke.</i> ) - A Potent Herb of Unani Medicine: A Review.	International Journal of Current Pharmaceutical Research.2013; 5 (4) 1-4.
14.	<i>Agrimonia eupatoria</i> Linn. A Traditional Herb and its Scientific Testimony- A Review.	American Journal of Pharmacy & Health Research. 2013; 1(6):25-36.
15.	Kalonji ( <i>Nigella Sativa</i> ) - The Blessed Medicinal Herb.	International Journal of Universal Pharmacy and Life Sciences.2013; 3(4):177-186.
16.	Ustukhuddus ( <i>Lavandula Stoechas</i> Linn.) A Traditional Herb with Versatile Pharmacological Activity: Overview.	American Journal of Pharmacy & Health Research .2013; 1(6):38-46.
17.	Faqr-Ud-Dam (Anaemia) an Age- Old Malady in Unani Medicine -An Overview.”	International Journal of Pharmamedix India. 2014; 2(4):782-89.
18.	Muscular Dystrophy (Istirkha) and its management through Unani Medicine: A Review.	International Journal of Herbal Medicine. 2014; 2 (4): 01-04.
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 Zeequnafas and Habbe Hindi Zeeqi in Zeequnafas (Bronchial Asthma) - An Observational Open Clinical Trial.”	International Journal of Pharmamedix India.2014:2(4), 772-81.
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 - A - 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 ( <i>Artemisia Absinthium</i> L) in Unani Medicine – An Appraisal”.	International Journal of Pharmamedix India.2014; 2(3): 804-14.

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.
29.	Shoneez (Nigella sativa) and its therapeutic effect in Unani Medicine-A Review.	IJPSR. 2015; 6(1):12-14.
30.	Aqer Qerha ( <i>Anacyclus Pyrethrum</i> Dc.) A Nobel Drug of Unani System of Medicine-A Review.	International Journal of Pharmacognosy. 2015; 2(3): 116-122.
31.	Biskhapra ( <i>Trianthema portulacastrum</i> 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.	J Homeop Ayurv Med.2015; 4(1):1-6.
36.	Evaluation of Antispasmodic Activity of Petroleum Ether Extract of Seeds of <i>Apium graveolens</i> 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.
37.	Efficacy of Spirulina (Tahlab) in patients of Type 2 Diabetes Mellitus (Ziabetes 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	International Journal of Medical and Health Research. 2016; 2(3): 00-103.



	Cervicitis-An Observational Clinical Study.	
39.	Antispasmodic Activity of Petroleum Ether Extract of Seeds of <i>Apium graveolens</i> (PEESAG) on Histamine Induced Contraction in Guinea Pig's Ileum.	IJPSR.2016; 7(4):181-184.
40.	Diet, diabetes and Unani medicine: An evidence-based Approach in	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): oi: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): 01-04.
43.	Efficacy of Kanduri ( <i>Coccinia indica</i> ) in diabetes associated dyslipidemia - A randomized single-blind standard controlled study,	International Journal of Unani and Integrative Medicine 2017; 1(1): 01-04.
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 1(1):05-07
45.	Efficacy of Unani formulation and Roghan-e-Dhatura in Adhesive Capsulitis: An open-labeled 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): 01-03.
47.	Design and development of Unani anti-inflammatory cream.	Journal of Ayurveda and Integrative Medicine. 2017 Jul-Sep; 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 Complimentary medicine (Unani) through Black Box Design,	International Journal of Herbal Medicine (IJHM), 2017 Volume 5(1), 1-5
50.	Nephroprotective effect of Beekh Kasni (Roots of <i>Cichorium intybus</i> ) in the form of methanolic and aqueous	Journal of Pharmacognosy and Phytochemistry. 2017; 6(3): 337-341.

	extract in Gentamycin induced rat models	
51.	Nephroprotective Agents Used in Unani Medicine-An Evidence-Based Approach	J Nephrol Ther .2017; 7(3): 296. doi:10.4172/2161-0959.1000296
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	Journal of The Pharma Innovation.2018;7 (12):235
55.	Understanding Hypothyroidism in Unani Medicine	Journal of Integrative Medicine. 2019;17(6):387-391.
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.
58.	A brief review of Halelajat ( <i>Terminalia chebula</i> ) 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	J Complement Integr Med.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 (IJPSR). 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 Metab Pers Ther. 2020 Sep 23:/j/dmdi.ahead-of-print/dmdi-2020-0136/dmdi-2020-0136.xml. doi: 10.1515/dmdi-2020-0136.
64.	Possible role of Unani Pharmacology in COVID-19 - a narrative review.	Rev Environ Health. 2020 Nov 9;36(3):391-396. doi: 10.1515/reveh-2020-0106.
65.	Clinical efficacy and safety of 'Oxy +' in type 2 diabetes: a pilot study.	IJHHS 2020; 5:96–100
66.	Understanding <i>Humma-e-Wabai</i> (epidemic fever) and <i>Amraz-e-Wabai</i> (epidemic disease) in the light of Unani medicine.	J Complement Integr Med. 2021 Jan 29;18(3):469-476. doi: 10.1515/jcim-2020-0124.
67.	Understanding Hormones in terms of Humours ( <i>Akhlat</i> ) in Unani System of Medicine.	J Complement Integr Med. 2020 Aug 31;18(3):459-467. doi: 10.1515/jcim-2020-0003.
68.	Update of Hypothyroidism and its management in Unani Medicine.	J Basic Clin Physiol Pharmacol. 2020 Aug 10;32(2):1-10. doi: 10.1515/jbcpp-2020-0121.
69.	Herbal Preparations in the management of Hypothyroidism in Unani Medicine.	Drug Metab Pers Ther. 2020 Jul 21:/j/dmdi.ahead-of-print/dmdi-2020-0123/dmdi-2020-0123.xml. doi: 10.1515/dmdi-2020-0123.
70.	Herbal approach for the management of COVID-19: an overview.	Drug Metab Pers Ther. 2020 Nov 2:/j/dmdi.ahead-of-print/dmdi-2020-0150/dmdi-2020-0150.xml. doi: 10.1515/dmdi-2020-0150.
71.	Oxy+ (arthrospira) and its medicinal importance: an appraisal.	Drug Metab Pers Ther. 2020 Oct 29:/j/dmdi.ahead-of-print/dmdi-2020-0152/dmdi-2020-0152.xml. doi: 10.1515/dmdi-2020-0152.
72.	Historical account of endocrinal disorders in Unani Medicine.	Basic Clin Physiol Pharmacol. 2021 Feb 8;32(6):1013-1019. doi: 10.1515/jbcpp-2020-0231.
73.	Efficacy and safety of Barg-e-Sahajna ( <i>Moringa oleifera</i> Lam.) in primary hypothyroidism.	Drug Metab Pers Ther. 2021 Aug 13. doi: 10.1515/dmpt-2021-0136.
74.	Understanding Holism in the light of principle underlying practice of Unani Medicine.	Rev Environ Health. 2021 May 13. doi: 10.1515/reveh-2021-0009.
75.	Migraine ( <i>Shaqeeqa</i> ) and its management in Unani medicine.	Drug Metab Pers Ther. 2021 Aug 13. doi: 10.1515/dmdi-2021-0146. Epub ahead of print.

76.	Efficacy of <i>Habb-e-Asab</i> in diabetic peripheral neuropathy: a randomized placebo control study.	J Basic Clin Physiol Pharmacol. 2022 Jan 14. doi: 10.1515/jbcpp-2021-0330. Epub ahead of print.
77.	Efficacy of <i>Majoon-e-Seer Alvi Khan</i> in dyslipidemia: a single blind randomized standard controlled clinical trial.	Drug Metab Pers Ther. 2021 Jul 8. doi: 10.1515/dmdi-2021-0117. Epub ahead of print.
78.	Synergistic anti-cancer effects of <i>Nigella sativa</i> seed oil and conventional cytotoxic agent against human breast cancer.	Drug Metab Pers Ther. 2022 Apr 11;37(3):315-321. doi: 10.1515/dmpt-2021-0229.
79.	Hypolipidemic Activity of Medicinal Plants: An Overview.	Hippocratic Journal of Unani Medicine. 2022 Jan 1;17(1):6-11.
80.	Exploring Drug De-addiction Treatment in Unani Medicine	Altern Ther Health Med. 2023 Sep;29(6):220-225.
81.	The Perspective of Unani Medicine in Understanding Hyperthyroidism	Altern Ther Health Med. 2023 Oct;29(7):262-267.
82.	Study to assess the effectiveness of behavioural change communication aid for the anger management in adolescents: A Quasi experimental study in the selected juvenile aid center, New Delhi.	Brain Behavior and Immunity Integrative. 2024 Apr 1;6:100057.
83.	Effect of leech therapy in dermatophytosis: a randomized standard controlled trial	Brain Behavior and Immunity Integrative. 2024 Dec 1;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
85.	Evaluation of the add on effect of Majoone Sarkhas with levothyroxine in primary hypothyroidism: a randomized standard control adjuvant clinical study	Drug Metab Pers Ther. 2025 Feb 21;40(2):121-130. doi: 10.1515/dmpt-2024-0096. PMID: 39976613.
86.	Clinical Efficacy of Leech Therapy (Ta'līq al-'Alaq) in Eczema (Nār Fārsī): An Open-Label Single-Arm Clinical Study	Altern Ther Health Med. 2025 Apr 30:AT11573. Epub ahead of print. PMID: 40293844.
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 Roghane Surkh in Post Chikungunya Arthritis - A Randomized Single Blind Comparative Clinical Trial	RGUHS Journal of AYUSH Sciences. 2025;12(1);22-28
89.	Profiling HIV1-host protein–protein interaction networks in patient-derived exosome proteins: impact on pathophysiology and innate immune pathways	Springer. DOI: 10.1186/s12985-025-02717-7
90.	The Therapeutic Importance of Oxy+: An Overview	Hippocratic Journal of Unani Medicine 2025;XX:XX-XX. Accepted. DOI: 10.4103/hjum.hjum_53_25

#### 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:** 10
- **i10-index:** 12

#### 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)

#### **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)

#### **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 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.

### **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

I firmly stand against the practice of dowry. In my own marriage, I did not accept any dowry, as I believe it is a social evil that undermines the dignity of women. A daughter brings her own blessings (*rizq*) into her new home, and she should be welcomed with respect and honor-not burdened with expectations.

## HARDSHIPS, CHALLENGES, AND STRUGGLES FACED BY DR. MD. ANZAR ALAM

Dr. Md. Anzar Alam’s life journey is a poignant narrative of courage, resilience, and unwavering determination against overwhelming odds. Born in the humble surroundings of Village Ambari, District Kishanganj, Bihar, he faced a multitude of hardships—both financial and emotional—from a very young age.

### 1. Early Financial Instability

The financial foundation of Dr. Alam’s family collapsed when his father, Mr. Ameen, lost his government job in the Chakbandi Department. This unexpected loss of income pushed the family into a precarious economic situation, stripping them of stability and increasing their vulnerability.

### 2. Disruption of Formal Education

Despite his eagerness to learn, Dr. Alam was forced to discontinue his studies after completing 4th and 5th grade at Model School, Thakurganj, due to abject poverty. The immediate necessity to support his family outweighed his educational aspirations. He joined his father in agricultural labour, particularly in the family's banana plantation, which later suffered financial losses, exacerbating their struggles.

### **3. Societal and Family Pressures**

Adding to the burden, the family faced significant emotional and financial pressure while arranging the marriage of Dr. Alam's elder sister. The groom's family demanded a Rajdoot motorcycle as dowry, which further strained their already depleted resources. This situation reflects the cruel grip of social expectations and patriarchal customs that impoverished families often face in rural India.

### **4. Suppression of Educational Aspirations**

Even as he worked in the fields, Dr. Alam's passion for education burned bright. He began studying informally at a local madrasa, but when he attempted to resume school education in secret, his father discovered this and physically assaulted him, demanding that he abandon his academic pursuits. When forced to swear never to return to school, Dr. Alam refused, an act of defiance that marked a critical turning point in his life.

### **5. Educational Milestones Amid Struggles**

Despite opposition and lack of support, he eventually completed his 9th and 10th grades from Azad Nagar High School, passing Matriculation in 1999. But even this milestone was marred by hardship—his family couldn't afford the exam fees. In a desperate attempt to ensure his future, his younger sister offered her anklet (payal) as collateral to the village Sarpanch, just so he could register for the exam.

### **7. Personal Loss and Emotional Burden**

One of the deepest sorrows Dr. Alam carries is the untimely death of his father. He laments that just when he became financially capable of supporting and honouring his father, he passed away. This regret and longing for his late father is a constant emotional weight he bears, underscoring the complex blend of triumph and tragedy that defines his journey.

### **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**" 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: 28.07.2025