



JAMIA HAMDARD

Centre of Excellence in Unani Medicine

(Pharmacognosy & Pharmacology)

Bioactive Natural Product Laboratory (BNPL)

Welcome to

DR. M Tanwir Athar (Alumnus of BNPL)

Burydha, Al Qasim, Saudi Arabia

CoE Lecture series # 3

on

Status of Traditional Medicine in Gulf Countries:
Current Developments and Future Prospects

10th August 2023 (Thursday) 3:00 p.m. (IST)

Venue: CoE, BNPL, Nano building 3rd Floor



SCAN TO DRIVE

ENTRY IN JAMIA HAMDARD VIA GATE NO 06 OR 03

Topic: Status of **Traditional Medicine** in **Gulf Countries**: Current Developments and Future Prospects

CoE Lecture Series #3



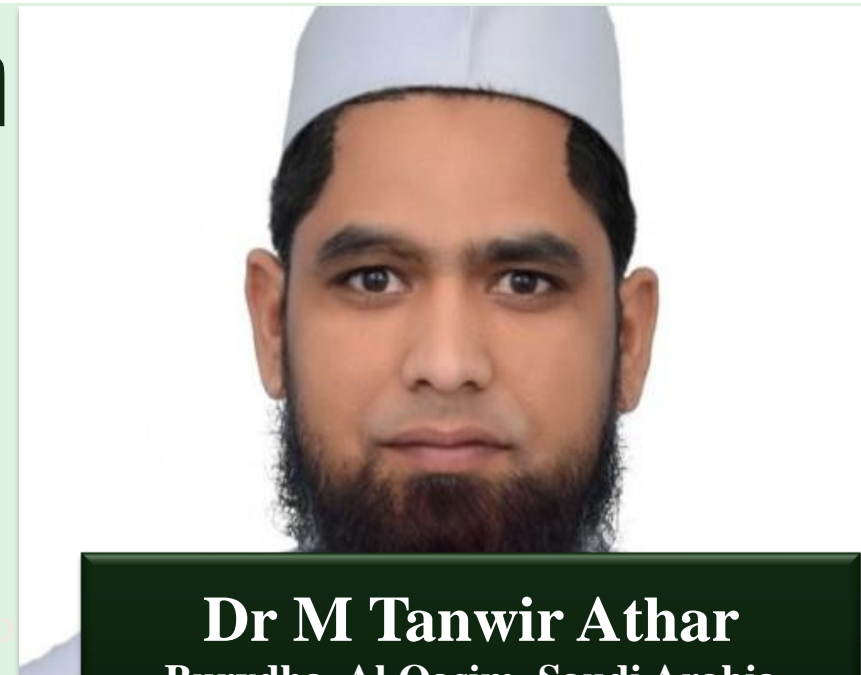
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Dr M Tanwir Athar
Burydha, Al Qasim, Saudi Arabia



Dr. M Tanwir Athar is an assistant professor at Buraydah College's College of Dentistry and Pharmacy. He is an alumnus of Hamdard University and has researched *Thymus vulgaris* and cancer. As a Research Officer, he focused on the bioactivity, safety, and toxicity of complementary and alternative medicines (CAM) used in Saudi Arabia, as well as their effects on various disease models. He also worked as a Research Scientist at Riyadh Military Hospital.

Topic: Status of Traditional Medicine in Gulf Countries: Current Developments and Future Prospects

- He discussed the overall status of the traditional system of medicine in the Gulf countries. Bahrain, Kuwait, Oman, Qatar, Saudi Arabia, and the United Arab Emirates have a long history of using traditional medicine. The foundation of healthcare in the Gulf has been the use of herbal remedies and traditional healing techniques. However, in recent years, the emphasis has shifted towards combining conventional medicine with traditional medicine. The National Centre for Complementary and Alternative Medicine (NCCAM) was established by the Ministry of Health (MoH) in 2008 to oversee the development of traditional medicine and issue licenses for its practice.
- While there is no comprehensive organizational structure for traditional medicine, there are some complementary therapy centers across institutions. Saudi universities offer traditional and complementary medicine courses, and the Saudi Commission for Health Specialties (SCFHS) facilitates foreign course accreditation for licensed practitioners. Integrated cupping clinics have been introduced by NCCAM as an example of integrated medicine.
- Although licensed traditional and complementary medicine practices are currently provided by the private sector, patients must pay out of pocket for these services as there is no national insurance plan. He also shed light on the Universities and government agencies in the Gulf region that are collaborating to advance research and development of traditional medicine. Leading universities have agreed to MoUs that will aid research, education, and the creation of a herbal medicine encyclopedia.
- A strategic plan aims to integrate various industries to advance traditional medicine practice and create a variety of job opportunities. Elevating traditional medicine, expanding its workforce, and strengthening its position in healthcare are top priorities. Regulations will improve safe and efficient application in Gulf nations. Specific efforts are being made in Qatar, UAE, Kuwait, Bahrain, and Oman.