

Newsletter of Ibn Sina Academy (NISA)

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CENTRAL COUNCIL FOR RESEARCH IN UNANI MEDICINE
LIST OF PUBLICATIONS (Literary Research) (Urdu)

<i>Name of Publication</i>	<i>Price</i>
Aljamili Maf. Vol-I (U) _(O/P Rs. 71/-)	275.00
Aljamili Maf. Vol-II (Urdu)	208.00
Aljamili Maf. Vol-III (Urdu)	275.00
Aljamili Maf. Vol-IV (Urdu)	350.00
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Amraz-e-Ria (Urdu)	150.00
A. Sarguzisht (Urdu)	7.00
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<i>S. No.</i>	<i>Name of Publication</i>	<i>Price</i>
38	K. Al-Hawi Vol-20 (Urdu)	-
39	K. Al-Hawi Vol-21 Part-1 (Urdu)	355.00
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66	C/R Oriya	34.00
67	C/R Bengali	19.00
68	C/R Punjabi	16.00
69	C/R Arabic	44.00
70	C/R Persian	125.00
71	Tibb-ul-Arab (Unani)	-
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To have the books by post, Bank Draft covering the cost of the books, ordered issued in the name of Director General, CCRUM, New Delhi and payable at New Delhi, be sent in advance. If the order is less than Rs. 100/- postal charges will be borne by the buyer. The books can be had from: Central Council for Research in Unani Medicine, 6 I-65, Institutional Area, Opp. D-Block, Janakpuri, Delhi-1100058. Tel. 285258-31, 52, 62, 83, 97, 28525982. Fax: 28522965

**EVENTS AT IBN SINA ACADEMY
(July – September 2014)**

Happy Independence Day 2014

With great pride and warmth, we at Ibn Sina Academy, Congratulate all our countrymen on the occasion of 68th Independence Day. Today, we pay our tributes to the great patriots and freedom fighters who laid down their lives so that India could breathe freely. We can't imagine India without the sacrifices of these great Legends. We salute all of them.....We would also like to thank all our well-wishers and members for meaningful cohesion and solidarity with the Ibn Sina Academy, thereby making it possible to play an effective and increasingly important role in advancing historical research in history of medieval medicine and sciences and in maintaining a museum specifically on Unani medicine. With our fellows' continued and constant support, we can pursue our goal....efforts and availability to ensure attainment of our objectives for the benefit of society and people of India. We again express our best wishes and heartfelt greetings to you and your family....Happy Independence Day!

Ibn Sina Academy as a "Centre of Excellence" in the list of e-NGO for e-Uttara: The Manthan Award for Uttar Pradesh

The Manthan Award (www.manthanaward.org) recognizes the best practices in the area of digital content, solutions and innovations that seeks to address development challenges. Ever since the Manthan Award was instituted in 2004 under the framework of World Summit on Information Society, it has supported digital innovations through various award verticals and entities. The Award

looks at how digital tools and digital media including web based applications impact the masses, especially people living in remote, difficult and underserved areas. Digital Empowerment Foundation in partnership with World Summit Award, Department of Information Technology, Govt. of India and various other stakeholders launched the first edition of the award in India on 10th October 2004. The Award has now extended its horizon from India to South Asia to the Asia Pacific Region.

Due to the increasing filing of award nominations, the screening and selection in the Award process has been turning a challenge to identify and recognize good practices. It has been analysed that small-scale regional level innovations are not receiving their due attention and selection, overpowered by large-scale innovations and nominations. Keeping in mind one of the core objective of the Manthan Award, which is to recognize small-scale local innovations for development objectives, Digital Empowerment Foundation with Government of Uttar Pradesh is poised to launch a separate entity in Uttar Pradesh where in India Development Alternatives Foundation (IDAF) & Fifth Estate are the regional organizers of 'e-Uttara Award Summit 2014' in order to identify, recognize and promote innovations in Uttar Pradesh under the Manthan Award and the World Summit Award framework.

It is expected that a separate Award entity for Uttar Pradesh will provide a wider opportunity for the State to focus on digital innovations and solutions to

address many of the social, development and governance challenges. It is also expected to encourage and promote digital entrepreneurship in the State led by young innovators whose young ideas and solutions can be of much value to the State development. This also aligns with the focus of the Government of Uttar Pradesh to encourage social entrepreneurship in the state as one of the many priorities of the government.

New Publications of IAMMS

1. *Shifaul Amraz* (a book comprises of patent drug formularies, formulated since last one hundred years and manufacture by Dawakhana Shifaul Amraz, Tijara, Alwar.
2. English translation of 'Commentators and Translators of Ibn Sina's Canon of Medicine', with revision and addition is ready to be printed. It will be released during the "International Conference on Life & Contribution of Ibn Sînâ (Avicenna)" from 25-27 October 2014, in Aligarh (India).
3. Description Catalogue of Unani Medical Journals, preserved at Ibn Sina Academy by Dr. Asad Faisal Farooqui.
4. *Manzoom Tibbi Rasail* by Hakim Syed Fazlur Rahman and Hakim Syed Atiqul Qadir.
5. *Risal Khizab* by Hakim Syed Karam Hussain and Hakim Syed Fazlur Rahman.

International Seminar on Life & Contribution of Ibn Sînâ (Avicenna) from 25-27 October 2014

A number of abstracts (exactly 104 in number) of research papers on diverse themes of Ibn Sina have been received from across the World. It would now be a good re-treat for those who are working and interested in discussing more about the personality of Ibn Sina. Let's see how many research scholars

can manage to attend this unique conference on the works and life of Ibn Sina.

Visit of Dignitaries at IAMMS

Professor Takamitsu Matsumura and Ms. Yurika Matsumura (Department of Language and Culture, Osaka University, Osaka, Japan) visited Academy on 8.9.2014.

Prof. S. A. Sadiq, An Eminent Orthopedic Surgeon and Ex-Principal, JN Medical College and Hamdard Institute of Medical Sciences, 22.7.2014

Educational tour was arranged by UGC-Academic Staff College, AMU, Aligarh, for delegates participating in the Subject Refresher Course on History (4.7.2014), Subject Refresher Course on Business Studies (7.7.2014), Orientation Program (10.7.2014), Special Summer School (29.8.2014), Subject Refresher Course on Human Rights (17.9.2014) and Subject Refresher Course on English Language (18.9.2014).

MEMBERS' ACTIVITIES

Prof. H. S. Zillur Rahman, President, IAMMS, has been appointed as member of the Advisory Committee for Ayurvedic/Unani, constituted to advise for the development of the Ayurvedic and Unani Tibbia College and Hospital, Karol Bagh, New Delhi, vide order of the Health and Welfare Department, Government of National Capital Territory of Delhi. The Committee will suggest the development of infrastructure and strengthening service profile of the A & U Tibbia College and Hospital for its advancement and modernization; to review the ongoing courses and advise on introduction of new course and areas of research; to assess the existing faculty strength and the addition of the new faculty for new course at the degree

level and post-graduation level and to suggest an action plan for achieving the aforesaid objectives. The other two Unani experts are Prof. Raisur Rehman, Advisor Unani, Dept. of AYUSH, Ministry of Health and Family Welfare, Govt. of India, and Prof. S. Shakir Jamil, Director General, CCRUM, New Delhi.

Hon'ble Lt Governor NCT, Najeeb Jung, convened a meeting for improvement of Tibbiya College, Karol Bagh, on 11.9.2014 at Raj Niwas, Delhi and announced of Rs. 5 crores of the development of the College.

In this regard, the first meeting was held on 14.8.2014 at Ayurvedic and Unani Tibbi College, which was presided by Secretary Health, Govt. of Delhi. The second meeting of the Advisory Committee was held on 25.8.2014 in the Office of Secretary Health, GNCTD, Delhi Sanchalaya, Delhi.

Prof. H. S. Zillur Rahman also invited to deliver an Extension Lecture on "Urdu and Indian Composite Culture" by Urdu Academy, Delhi, on 9th September 2014 at Qamar Rais Silver Jubilee Auditorium.

The speaker was formally introduced by Mr. Anis Azmi, Secretary Urdu Academy. Prof. Khalid Mahmood, Vice Chairman Urdu Academy and Prof. Abdul Haque, Convener Seminar Sub Committee also threw light on the works of the speaker. Mr. Hasib Ahmed, former registrar, Jamia Millia Islamia, New Delhi, presided over the function.

The news was widely covered in Urdu newspaper, such as Jadeed Khabar, Delhi, Qaumi Rajdhani, Rashtriya Sahara, Daily Sahafat.

Prof. H. S. Zillur Rahman also attended the special meeting of the executive body of the All India Muslim Educational

Conference, Aligarh, on August 17, 2014. He also attended the General Body Meeting of the Duty Society, AMU, on August 2, 2014 at Palm Tree Hotel, Aligarh.

Prof. S.M. Razaullah Ansari, Secretary, IAMMS was invited to participate in the *International Conference* held on the *Occasion of the 900th Anniversary of Bhāskarāchārya*, in Thane (Maharashtra), during Sept. 19–21, 2014. This Conference was organized by the Vidya Prasarak Mandal, Thane. The main spirit behind this excellent Conference was Dr. V. V. Bedeker (the Chairman of the Organizing Committee and Manager of V. P. Mandal), Prof. S. R. Sarma (former Chairman and Professor of Sanskrit Dept. A.M.U. Aligarh, presently at Düsseldorf, Germany) and Prof. M. Yano (Kyoto/Japan). The Conference was extremely well organized. All possible aspects of Bhaskara's works were taken care of. Prof. Ansari was the only speaker from Aligarh Muslim University, and in fact the only Historian of Science in Medieval India. The topic of his paper was: "Persian Translations of Bhaskara's Sanskrit Texts during the 16th–17th centuries and their Impact in the following Centuries". Prof. Ansari covered in his talk the translations by Faizi's of *Līlāvati*, by Atā'ullāh Rushdī of Bhaskara's Algebra (*Bījaganit*) and a handbook on astronomical calculations, *Karanakatūhala*.

Prof. Razaullah Ansari has also been invited to attend a meeting of Indian National Academy (INSA) at Shantiniketan, to be held on Oct. 10–11, as a member of Research Council, which deliberates on the History of Science Projects, awarded by INSA (New Delhi). Prof. Ansari is a former member of Indian National Commission

for History of Science, which operates under the auspices of INSA.

Dr. Syed Ziaur Rahman, Honorary Treasurer, IAMMS, is nominated

1. By the Dean, Faculty of Medicine, JNMC, AMU, Aligarh to participate in the Basic Course on Medical Education at MAMC, New Delhi, from 28-31.10.2014.
2. By the Executive Committee of SoPI and BOS, Dept. of Pharmacology, JNMC, as Organizing Secretary, 14th Annual Conference of Society of Pharmacovigilance, India (SoPI), Department of Pharmacology, JNMC, AMU, December 1-3, 2014.
3. By the PVC, AMU, as Co-opted Member, Report Preparation Committee, 62nd Annual Convocation, AMU, Aligarh.
4. By the PVC, AMU, as Convener, Draft Committee, "Application form for Universities with Potential for Excellence (UPE), (D. No 124 / NAAC, dated 16.8.2014)
5. By the Convener, NAAC Committee, AMU as Convener, Research, Consultancy and Extension, Committee for compiling 50 points assessment indicators (core / desirable)

FORTHCOMING CONFERENCES / SEMINARS

2015 MBL-ASU HISTORY OF BIOLOGY SEMINAR PERSPECTIVES ON STEPHEN JAY GOULD

Biologist, historian, philosopher, popular science writer, public intellectual – Stephen Jay Gould played many roles. The seminar which is scheduled to be held on May 13-20, 2015 at MBL-Wood Hole, Massachusetts, USA, will focus on his contributions within each of these arenas, and how such diverse efforts were related or in tension. The seminar will consider the relevant scientific,

philosophical, political, cultural and institutional contexts, with due attention to Gould's collaborators, foils, and critics, and to other scientists who have played a similar variety of roles. Topics will include: biology as a science of "form;" biology as a lawlike science; biology as an "historical science;" levels of biological organization and causation; the "adaptationist program;" the meaning of "Darwinism;" science and racism; evolutionary biology, religion and morals; scientists as (and engaging with) historians and philosophers; the "popularization" of science and the upsides and downsides of taking on this role; and how does baseball fit into all this?

Seminar Organizers (2015): John Beatty, University of British Columbia; David Sepkoski, Max Planck Institute for the History of Science

Seminar Co-Directors: John Beatty, University of British Columbia; James Collins, Arizona State University; Jane Maienschein, Arizona State University; Karl Matlin, University of Chicago.

PAST CONFERENCES / SEMINARS

Potentials of Ilaj-bit-Tadbeer in the Management of Life style Disorders

The Department of Ilaj-bit-Tadbeer, Faculty of Unani Medicine, Aligarh Muslim University organized a one-day National workshop on "Potentials of Ilaj-bit-Tadbeer in the Management of Life style Disorders".

Delivering inaugural speech, Professor Raisur Rehman, Advisor (Unani), Department of AYUSH, Ministry of Health and Family Welfare, New Delhi, said that lifestyle disorders, arising as the by-product of urbanization, are different from others as they are completely preventable and curable. He

said that in a situation when no system of medicine provides a solution, an integrated and multidisciplinary approach seems to be more appropriate, which leads to alternative system of medicine as more trustable. He said that rapidly changing lifestyle has led to an increase in the number of patients suffering from Diabetes, high blood pressure and heart ailments.

Professor Syed Shakir Jamil, Director General, Central Council for Research in Unani Medicine, New Delhi said that doctors should create awareness among people regarding the alternative systems of Medicine. He suggested educational institutions to encourage research in this field.

Professor Naeem Ahmad Khan, Dean, F/o Unani Medicine said that the Unani Medicine played an important role not only in cure but also in prevention of diseases. He said that in present scenario, people are looking for alternatives for conventional drugs. He hoped that the Department of Ilaj Bit Tadbir would become an important Centre in the field of Unani system of medicine.

Professor M.M.H. Siddiqui, Organizing Secretary of the workshop and founder Chairman of the Department, said that although latest medical technology has helped developing effective medicines for various diseases, their side effects were adversely affecting patients, which could only be checked through alternative system of medicine.

Professor Anis Ismail, DSW presided over the inaugural function and Prof. Saud Ali Khan, Principal, AK Tibbiya College addressed the workshop.

Dr. Asiya Sultana, Convener of the Workshop, conducted the programme

while Professor M Anwar proposed the vote of thanks. On the occasion, four books, authored by Professor Samiur Rehman were released.

Symposium on Alzheimer's Disease

The Junior Doctor's Association (JDA), Ajmal Khan Tibbiya College, Aligarh Muslim University organized a symposium on Alzheimer's Disease to understand and manage the disease. Experts from different fields expressed their views about diagnosis and management of disease. Professor Naeem Ahmad Khan, Dean, Faculty of Unani Medicine presided over the function.

Padmashree Hakim Professor Syed Zillur Rahman, Chief Guest of the Symposium and Director of Ibne Sina Academy, said that the current description of Alzheimer's disease is the same as it is available in Unani literature. He said that the use of medicine in microform, more advanced being nanoform, has also been in practice since long in Unani Medicine.

Professor S.A. Azmi, Senior Consultant Psychiatrist, JN Medical College emphasized that only medicines are not sufficient for the treatment, but family support is also required and such patients should not be isolated and neglected.

Professor Anis Ahmad Ansari, former Advisor, Unani Department, AYUSH, Ministry of Health and Family Welfare mentioned various Unani medicines useful in different diseases related to brain. He said that Ustukhuddoos, botanically known as *lavandula stoechas*, which has the property of cleansing of brain, would be beneficial in single or compound form in prevention of Alzheimer's disease.

Professor Mubarak Hussain, Director, Brain Research Center, J.N. Medical College, explained the Etiopathogenesis of Alzheimer's disease in detail. He suggested various Unani drugs for treatment of this disease. He said that nanotechnology would prove beneficial in this direction.

Professor S. Alim Hussain Naqvi, Senior Physicist and Nanoscientist, Department of Applied Physics said that research is on to analyze the role of Unani medicine, in nanoform, in the management of various diseases, including that of Alzheimer's. He especially mentioned that garlic and turmeric, when used in nanoform, give miraculous results in slowing down the ageing process, including the management of Alzheimer's disease.

Dr. Tafseer Ali, Joint Organizing Chairman of the symposium delivered the inaugural lecture. He said that according to WHO, the number of patients suffering from Alzheimer's disease would be doubled by 2030 and tripled by 2050, and on an average there would be one patient of Alzheimer's among every 80 persons by 2050.

Organizing Secretary of the symposium and President of JDA, Dr. Mohammad Azam highlighted the activities of JDA and underlined the need and importance of the symposium.

Dr. Sartaj Ahmad, Joint Organizing Secretary proposed the vote of thanks.

An essay writing competition was also conducted in which first and second prizes went to Bushra Iqbal and Saman Anees, respectively, while third prize was shared by Sana Rehman and Syeda Aiman Mazhar.

FELLOWSHIPS/AWARD

PhD programmes for 2015 on History of the Exact Sciences in Antiquity

The recently renamed Department of Egyptology and Assyriology at Brown University, Providence, USA is accepting applications to PhD programmes for entry in 2015, including the track in the History of the Exact Sciences in Antiquity. Details of the programme may be found at <http://www.brown.edu/academics/egyptology/graduate>. Special preference would be given to those applications from students who like to work on Babylonian astronomy. Submitted by: Dr. John Steele Professor of Exact Sciences in Antiquity and Chair Department of Egyptology and Assyriology, Brown University, Providence, RI 02912, USA
Email: john_steele@brown.edu

Postdoctoral Fellowships, Science in Human Culture Program Northwestern University

The Science in Human Culture Program (SHC) at Northwestern University invites applications for two-year postdoctoral fellowships in the contextual study of science, technology, or medicine, to run September 1, 2015 – August 31, 2017. Two Fellows will be selected. Applications are welcome from scholars who study science, technology, or medicine in any region of the world and from any of a range of philosophical, historical, sociological, anthropological, or literary perspectives.

Each Fellow will be affiliated with both the SHC program and an appropriate disciplinary department in Weinberg College (History, Sociology, Philosophy, Anthropology, etc.). Fellows will pursue a program of independent scholarship and teach two one-quarter undergraduate classes (typically one seminar and one lecture) over the course of the three-

quarter-long teaching year. Fellows will also help organize and run the SHC visiting lecturer series. They are expected to be active participants in intellectual activities in both SHC and their affiliated departments and to deliver one public lecture each year.

In order to ensure full consideration, all application materials must be received by December 1, 2014. Important additional information including salary, prerequisites, FAQs, and detailed submission instructions appears on our website at:
<http://www.shc.northwestern.edu/post-doctoral/>.

Administrative questions not addressed on the webpage should be directed to Natasha Dennison at shc-program@northwestern.edu.

Substantive questions may be addressed to the program director at shc-dir@northwestern.edu. For more information about departments or programs in the Weinberg College of Arts and Sciences at Northwestern, see <http://www.weinberg.northwestern.edu/departments/index.html>.

AA/EOE: Applications from women and minorities are especially encouraged. We also value demonstrated experience in working with diverse populations.

Huntington Fellowships 2015-16

1. Dibner Program in the History of Science

The Dibner Program in the History of Science offers historians of science and technology the opportunity to study in the Burndy Library and to work in the other resources for the history of science and technology at the Huntington. For short-term awards, the eligibility is PhD or equivalent; or doctoral candidate at the dissertation

stage. The tenure of fellowship is one to five months and the amount of award is \$3,000 per month.

For long-term awards, the eligibility is that applicants must have completed all requirements for the PhD by no later than November 15, 2014. Tenure of fellowship: Nine to twelve months. Amount of award: \$50,000. Applicants can be conducting research or already be at the writing stage and need reference materials only.

2. Molina Fellowship in the History of Medicine and Allied Sciences

The Huntington is delighted to announce the creation of a new long-term fellowship which will allow the recipient to work on the Huntington's substantial holdings in the history of medicine, which extend from the medieval period through the twentieth century and include, in particular, the archive of the Los Angeles County Medical Association.

Eligibility: Applicants must have completed all requirements for the PhD by no later than November 15, 2014. Tenure of fellowship: Nine to twelve months. Amount of award: \$50,000. Applicants must be pursuing scholarship in the history of medicine and related sciences, including public health.

Application deadline: November 15, 2014. For more details about the Huntington's fellowship program and instructions on how to apply, visit the "Research" section of our website at www.huntington.org.

Prestigious Engineers Australia Excellence Award for an Aligarian

The AMU Alumni of Australia is proud to announce that Dr. Azhar Amin Nomani has been awarded the coveted 'Engineers of Australia Excellence'

award for his pioneering and innovative work in water treatment. The award recognises the contribution engineers make to community through their innovations, teamwork, ingenuity and creativity. Dr. Nomani's work was adjudged the best innovation of the year 2014 among more than a hundred entries for the competition. The award ceremony organised by the Engineers Australia, was held at the Westin Hotel on 19 September, 2014.

Dr. Nomani, a senior scientist at Sydney Water, invented a novel method for disinfecting water mains, a primary mechanism for the inactivation/destruction of pathogenic organisms to prevent the spread of waterborne diseases to the public and the environment.

Untreated water contains hundreds of different bacteria and viruses, some highly dangerous, and unless treated appropriately is not suitable for drinking or domestic use. The conventional chlorine disinfection method routinely used is costly and not environmental friendly. The new technique utilizes treatment of domestic and public water mains with ozone gas. Ozone is a very strong oxidant and bactericide/virucide and effectively disinfects the water supply system. It is very cost effective, environmentally friendly, easy to use and, more importantly, very reliable.

Dr. Nomani's innovation includes designing and building a mobile ozone trailer to improve the efficiency of the water mains disinfection process. The design allows for the efficient transfer of ozone into water phase, in particular with regards to water pressure and topographic variation that pose serious engineering challenges.

Dr. Nomani obtained his PhD in Chemistry from the Aligarh Muslim University, India and migrated to Australia in 1998 and has been working with Sydney Water since then. His organisation has obtained an Australian patent for the new design and technique. There is already huge domestic and international interest in the new development.

Dr. Nomani has expressed his gratitude to his organisation, Sydney Water, for the support and encouragement he received in the development of the process and has recognized the strong research training he obtained at Aligarh University during his Masters and PhD studies.

In Australia, he has been actively involved in the AMU Alumni of Australia's Educational Scholarship Project for helping poor students in India realise their dream of achieving higher education.

The AMU Alumni of Australia takes great pride in congratulating Dr. Azhar Amin Nomani for this great achievement and wish him many more such successes in his professional and humanitarian endeavors.

(The team at IAMMS, also congratulate Dr. Azhar A. Nomani for this remarkable contribution in the field of water treatment).

DOCUMENTATION

Faculty of Eastern Medicine, Hamdard University, Pakistan

Faculty of Eastern Medicine is one of the leading institutions of Hamdard University where successful postgraduate program is underway. So far 5 Ph.D's and 9 M.Phil. degrees have been awarded. About 40 Research

students are working on different topics for their higher degrees. International collaboration with ...Indian (CCRUM, Ibn Sina Academy, Aligarh) and other institution is proving promising in advancement of Tibb.

Source: www.hamdard.com.pk

Rahnuma-e Sehat Monthly Magazine (Pakistan) published an extensive interview of prof. Hakim Syed Zillur Rahman in the August 2014 issue.

Ibn Sīnā and Psychiatry
S . A Azmi & Abid Rizvi
Department of Psychiatry, Aligarh Muslim University, Aligarh

Abu 'Ali al-Husayn Ibn Sīnā (980 –1037 A.D.), known in the west as Avicenna, is probably the most significant philosopher in the Islamic tradition and arguably the most influential philosopher of the pre-modern era. Born in Afshana near Bukhara in Central Asia in about 980, he has vast impact on nearly every field of knowledge. His most famous works are *The Book of Healing*, a vast philosophical and scientific encyclopaedia and *The Canon of Medicine*, an overview of all aspects of medicine. These books became standard medical texts, and were taught in nearly every medical university as late as 1650. He also made major contributions in the field of astronomy, geology, logic, mathematics, physics and poetry.

Ibn Sīnā also made significant contributions to the field of psychology and psychiatry. He defined certain psychiatric diseases accurately which holds true even today. However his contribution to the field of psychiatry is unfortunately overlooked by western psychiatry.

Psychiatry is the science and practice of diagnosing, treating, and preventing mental disorders. The term *psychiatry* is derived from the Greek words *psyche*, meaning "mind" or "soul," and *iatreia*, meaning "healing". Until the 18th century in Europe, mental illness was most often seen as demonic possession, but it gradually came to be considered as a sickness requiring treatment. Many judge that modern psychiatry was born with the efforts of French physician Philippe Pinel in the late 1700s. His contemporary in the United States, statesman and physician Benjamin Rush, introduced a comparable approach. But in reality psychiatry, in much more advanced form was being practiced during the time of Ibn Sīnā.

The knowledge of Psychiatry during the time of Ibn Sīnā as practiced in the Islamic empire of middle east, was much more advanced as compared to that of Europe. Neither Greeks nor Romans took social responsibility for treating the insane. Christian attitudes toward the insane fluctuated between rejection and toleration. Insane were considered to be harbouring demons, they were incarcerated in madmen's towers and periodically expelled from towns Most were kept under restraint at home by family, feared, hated, beaten, starved and driven to death.

Because Islam held that society is responsible for the kindly care of the insane, the Arabs built hospitals with psychiatric divisions in Baghdad (750) and Cairo (873); they also built special insane asylums in Damascus (800), Aleppo (1270), and the Muslim-ruled Spanish city of Grenada (1365). Historians have usually recorded that the first Christian western European asylum caring exclusively for the insane was in Valencia, Spain in 1409, and that

it was followed by other Spanish asylums that were built under the influence of Islam. The treatment of offered in these asylum were based on the meditation, aroma therapy and the patients were given proper food and kept in good hygiene.

The contribution of Ibn Sīnā in the field of medicine in general and psychiatry in particular can hardly be underestimated. In his book the canon of medicine (*al-Qānūn fī al-ibb* 1025) he regarded each mental illness as having different aetiology. Ibn Sīnā described four different types of madness- frenzy, mania, melancholia, and lethargy as disturbance of four humors. About mania he wrote – is due to excess of blood, the patient is joyful, energetic and burst in laughter. About melancholia he described the patients as being thoughtful, less agitated and nourishes a hatred towards himself and the world which he cannot forget. He classified melancholia as mood disorder and said that patients suffering from it may become suspicious and develop certain types of phobia. All these description clearly describes mood disorder as per the modern concept.

Ibn Sīnā explored the concept of switching from the melancholia and mania –“mixture of anger and restlessness in melancholia indicated that the disease was manic in nature and that the appearance of such signs and symptoms along with violence heralded the transition from melancholia to mania”. These concepts are accepted even today. His Speculation on how diverse depressive phenomena could be understood as a mix of humors anticipated modern multiple-transmitter hypotheses of depression.

Ibn Sīnā in the canon spelled out manic depressive psychosis and differentiated it from schizophrenia and rabies. He

distinguished meningitis from secondary meningismus and knew about the pupil and its movements, six motor muscles for the globe, and central and peripheral types of facial weakness. He analyzed the kernel of mind, soul, psychical streams, intellect, man's desire, dream, and prophecy. He realized that certain physical diseases were caused by emotional upsets, and he was the first physician to stress the beneficial effect of music on emotional disturbances⁽¹⁵⁾.

In describing different affective states, Ibn Sīnā developed the theory of temperaments to its fullest, and his elaborations on Galen's temperamental types might be considered the forerunners of current personality dimensions.

In *The Book of Healing*, Ibn Sīnā discussed the mind, its existence, the mind and body relationship, sensation, perception, etc. He wrote that at the most common level, the influence of the mind on the body can be seen in voluntary movements, in that the body obeys whenever the mind wishes to move the body. He also discusses hypnosis (*al Wahm al-Amil*), stating that one could create conditions in another person so that he/she accepts the reality of hypnosis. Ibn Sīnā also gave psychological explanations for certain somatic illnesses, and he always linked the physical and psychological illnesses together.

Ibn Sīnā theory of perception rivals its modern counterpart. In sense perception, the perceiver senses the form of the object, by perceiving the feature of the object by our external senses. This information is then supplied to the internal senses which merge all into a whole unified conscious experiment. This was further described centuries later by Immanuel Kant.

These immense contributions of Ibn Sīnā in the field of psychiatry played a significant role its development as a separate branch of medicine. However his contributions unfortunately are so conveniently overlooked. Therefore the contributions of Ibn Sīnā in the development of psychiatry should be given the importance that it deserves.

Medicinal Aromatherapy

Jamuna N, Bangalore

Medicinal Aromatherapy utilizes therapeutic grade essential oils to treat physical, emotional, and mental disorders. Essential oils are the pure natural elements derived from plant life. Essential oils can be used to bring the body into balance so that it can heal more quickly - often without the side effects of pharmaceuticals. While essential oils are effective on their own, they can also work in collaboration with conventional medicine. With the guidance of a certified Medicinal Aromatherapist, you can use essential oils to help build your immune system, think more clearly, breathe more deeply, improve digestion, heart and general health ailments. Essential oils can be used to treat specific conditions while improving your mood and calming your mind. In India the records indicate, that herbs have been in use for treating disease since ancient times reference to the curatives properties of some herbs in the Rigveda between 3500 and 1800 BC. Aromatherapy has an ancient history going back 3,500 years. Parallel development of distillation methods in Egypt, Mesopotamia, India, and China saw the use of essential oils in the medical systems of each culture. Aromatherapy is the art and science of using aroma and scent to rejuvenate, revitalize, and heal the body. Distillation of plant materials produces essential oils, which are the active principle or life

force of the plant. Completely different in nature from vegetable oils. .

Abu 'Ali al-Husayn Ibn 'Abd Allah Ibn Sīnā, is understandably better known by the Latinised version of his name - Avicenna. He was one of the most outstanding of Arab physicians in an era when Arab medicine was the most advanced in the Western world.

He was born in 980 ad. in the town of Bukhara in Persia (now in the Uzbekistan). He was by all accounts an infant prodigy, and had memorised the Koran and quantities of Arab poetry by the time he was ten years old. His father provided him with tutors in logic, metaphysics, arithmetic and other sciences until he outgrew his tutors, and continued to educate himself, in subjects including Islamic law, astronomy and medicine until he was 18.

The importance of Avicenna to the history of aromatherapy is threefold, for he not only described accurately many hundreds of plants and their uses, and set down such accurate instructions on giving massage that they could be used as a teaching manual now, but he is credited with having discovered the method of distilling essential oils from flowers. Avicenna was an alchemist, and roses had a very specific significance in alchemical experiments. White roses and red roses held different symbolic importance and were used at different stages of the work. They were placed in a flask, or alembic, and heated with other materials, the vapour so produced being collected in another flask as it cooled. Roses heated in this way will produce a quantity of rosewater, with a very small amount of rose oil, or attar, floating on the surface. Such an attribution is, of course, somewhat speculative, but it fits the known facts about Avicenna.

Ibn Sīnā used distillation to produce essential oils such as rose essence, forming the foundation of what later became aromatherapy. Unlike, for example, al-Razi, Ibn Sīnā explicitly disputed the theory of the transmutation of substances commonly believed by alchemists:

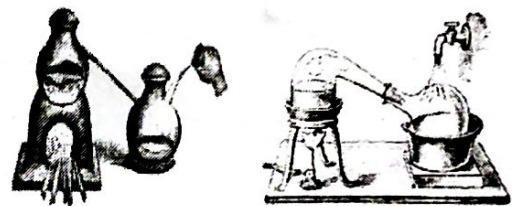


Those of the chemical craft know well that no change can be effected in the different species of substances, though they can produce the appearance of such change. In the eastern cultures of India and China, however, the tradition remained unbroken. Vaidyas, ayurvedic physicians, treated Indian royalty with dried and fresh herbs, floral waters and aromatherapy oil massage. In 1975, archeological survey of Indus Valley (which runs the length of modern Pakistan), Dr. Paolo Rovesti found an unusual terra-cotta apparatus, displayed along with terra-cotta perfume containers, in a Taxila museum. In India the records indicate, that herbs have been in use for treating disease since ancient times reference to the curatives properties of some herbs in the Rigveda between 3500 and 1800 BC. Aromatherapy has an ancient history going back 3,500 years. Parallel development of distillation methods in Egypt, Mesopotamia, India, and China saw the use of essential oils in the medical systems of each culture.

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Definition of Arka

Arka is a liquid preparation obtained by distillation of certain liquids or drugs soaked in water using the Arkayantra or any convenient modern distillation apparatus. Essential oils have been produced in India for thousands of years but usually were only available to the royal classes and their physicians.



TIRYAK PATANA YANTRA ALEMBIC DISTILLATION

*In 1975, archeological survey of Indus Valley (which runs the length of modern Pakistan), Dr. Paolo Rovesti found an unusual terra-cotta apparatus, displayed along with terra-cotta perfume containers, in a Taxila museum**

In the eastern cultures of India and China, however, the tradition remained unbroken. Vaidyas, ayurvedic physicians, treated Indian royalty with dried and fresh herbs, floral waters and aromatherapy oil massage. Dr. Valnet had two students who did their internship with him who were responsible for expanding his work. Dr. Paul Belaiche and Dr. Jean Claude Lapraz. They discovered that essential oils contain antiviral, antibacterial, antifungal and antiseptic properties as well as being powerful oxygenators with the ability to act as carrying agents in the delivery of nutrients into the cells of the body.

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Ibn Sina Academy of Medieval Medicine & Sciences
Tijara House, Dodhpur, Aligarh-202002 INDIA
E-mail: ibnsinaacademy@gmail.com
Website: <http://www.ibnsinaacademy.org>
Phone: +91-5713290275

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Editor, Owner, Printer & Publisher:

Professor Hakim Syed Zillur Rahman, Publication Division, IAMMS, Tijara House, Dodhpur, Aligarh-202002 India. E-mail: rahmansz@yahoo.com

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