



Newsletter of Ibn Sina Academy (NISA)

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Contents

IAMMS Activities	3-5
Forthcoming Activities	6-7
Fellowship	7-8
Documentation	8-14

CENTRAL COUNCIL FOR RESEARCH IN UNANI MEDICINE

Ministry of Health and Family Welfare, Government of India

Department of AYUSH

THE COUNCIL

The Central Council for Research in Unani Medicine (CCRUM) is an autonomous organization under the Ministry of Health and Family Welfare, Government of India, Department of AYUSH. Established in 1978, the CCRUM started functioning from 10 January, 1979, and ever since it has been busy researching into various fundamental and applied aspects of Unani Medicine. Over the years, the CCRUM has emerged as the world-leader in the field.

THE NETWORK

20 research Centres of the Council are functioning in different parts of the Country.

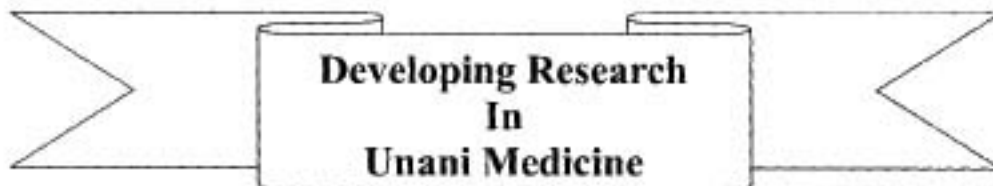
THE AREAS OF ACTIVITY

The Research Programme of the Council has four major components:

* Clinical Research * Drug Standardization * Literary Research * Survey and Cultivation of Medicinal Plants

THE MAJOR ACHIEVEMENTS

Some significant achievements of the Council are as follows:



CLINICAL RESEARCH

- Has developed 24 Unani Drugs which are purely natural, standardized and without any side-effects, for successful treatment of leucoderma, sinusitis, viral hepatitis, eczema, malaria, rheumatoid, arthritis and bronchial asthma.
- Has filed patents on seven of these drugs.

DRUG STANDARDIZATION

- Has evolved standards for 222 single and 385 compound Unani drugs.
- Has signed a Memorandum of Understanding with Council of Scientific and Industrial Research (CSIR) for taking up advanced research in the field of drug development.

LITERARY RESEARCH

- Has translated from Arabic and Persian into Urdu language 25 Unani Medical Classics mostly manuscripts. And has edited and published these works.

SURVEY & CULTIVATION OF MEDICINAL PLANTS

- Has collected 59462 specimens of 1730 medicinal plants from the wild
- Undertaking successful cultivation of four important medicinal species
- Has gathered and documented 6650 folk medicinal claims

PUBLICATIONS

- Has produced over 1000 research papers and brought out 116 research publications, besides regular publications of a bimonthly CCRUM Newsletter, Quarterly Urdu Journal Jahan-e-Tib and Annual Report.

For further information, please contact

Director

CENTRAL COUNCIL FOR RESEARCH IN UNANI MEDICINE

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IAMMS ACTIVITIES

EVENTS AT IBN SINA ACADEMY
(From July to September 2009)

Workshop on Petroleum Exploration and Formation Evaluation'

Mr. Fishanur Rehman, a Geologist working with Total French Oil Company, conducted 'One Day Workshop on Petroleum Exploration and Formation Evaluation' at Ibn Sina Academy, Aligarh, on 19th July 2009. About 20 participants attended the workshop, of which most of them were students of BSc/MSc (Geology).

Mr. Fishan-ur Rehman delivered lectures on basics of petroleum, reservoir estimation, methods and stages of oil exploration and well logging. The sessions were interactive in nature, where the participants were given some hands-on exercises in between each session. Mr. Fishan also dealt in great the business tricks in oil exploration.

At the end of the workshop, participants were asked to give their feedback. They were of the opinion that such workshop should be organised on a regular basis by alumni of the department serving abroad.

Mr. Rehman is AMU alumnus, completed his BSc (Geology) in 2005 and M. Tech (Geophysics) from IIT, Roorkee. He is presently working with Total (French Oil Company) and is posted in Paris (France). Dr. Akram Jawed (Reader, Department of Geology, AMU, Aligarh) facilitated the proceedings of the workshop, while Dr. Syed Ziaur Rahman (Treasurer, Ibn Sina Academy), presented vote of thanks.

Aik Shaam Shairon aur Kaviyon ke Naam

A programme to honour a number of poets of Aligarh city was organized by *Shikhar* (NGO) on 31.07.2009 at the Library Hall of Ibn Sina Academy. During the programme, eminent local poets such as Prof. Budhsen Nihar, Khalid Faridi, Ramgopal Varshney, Jamunaprasad Rahi, Moazzam Ali Khan Moazzam, Babar Ilyas, Harish Betab, Abid Ali Abid, Sudhir Sisodia, Masum Badr, Bashirul Hasan Naqvi, Musharraf Husain Mehzar, Zamir Atraulvi, recited their favourite poems under the presidentship of a noted poet Khalid Nadeem Farooqui.

Mr. Harish Betab (PRO, Ibn Sina Academy & Secretary General, Ganesh Shankar Journalist Press Club, Aligarh) conducted the whole programme.

Weekly Mock Test for PG Entrance

Mock test to practice for PG MD Entrance test was arranged at every Sunday during July, August and September 2009. Dr. M. Jawed Khan (Life Member, IAMMS and Resident, Dept. of Pharmacology, JN Medical College, Aligarh) in collaboration with 'Target EduCare' (Mumbai) conducted these practical sessions for MDS aspirants.

AMU Alumni of Michigan Scholarship

To select deserving candidates for the scholarship of AMU Alumni Association, Michigan, USA, interviews were held at Ibn Sina Academy for 16 days in the month of August 2009. Bonafide students of AMU from respected hall of residence and NRSC were invited on different dates.

Dr. Suhail Sabir, Coordinator, Scholarship Programme and Executive Member of Ibn Sina Academy, told that 825 students turned up in this scholarship programme. Dr. Akram Jawed, Reader, Department of Geology, AMU, Aligarh, and other teachers

from different faculties assisted in selecting these candidates.

IDB/MET Weekly Meetings at Ibn Sina Academy

Scholars supported by Muslim Educational Trust (MET) & Islamic Development Bank (IDB) met at Ibn Sina Academy to listen talks of many intellectuals. Dr. Shahid Malik, Honorary Students Counselor (North Zone) convened these meetings on every Friday from August to September 2009. IDB, is a Jeddah based scholarship programme to improve the educational standards of the Muslim Community in India and in 46 other countries. The Bank aims to develop the potentialities of the Muslim Students by awarding Loan Scholarship to those who are meritorious and enthusiastic, but are unable to pursue higher studies due to financial difficulties.

Visit of Personalities / Delegates

Following dignitaries visited the Academy:

1. Jamison Warren and Amber Abbas (Austin, Texas, USA), 14.7.2009.
2. Mr. Mahmoodur Rehman (IAS), former Chief Secretary, Government of Jammu & Kashmir State; Chairman, Finance Commission, Jammu & Kashmir State; Chairman, Bombay Cooperative Bank, Ltd., and former Vice Chancellor, Aligarh Muslim University, Aligarh, August 1, 2009.

In the visitors' book, Mr. Rehman remarked, *"No words are adequate to place on record the intensity of feeling behind this wondrous collection of artifacts, manuscripts, coins and crockery. Many established museums are not adorned with the rare beauties of this breath-takingly beautiful treasure of art and culture. God may grant long and healthy life to Prof. Zillur Rahman"*.

3. Delegates, Subject Refresher Course in Environmental Studies, UGC Academic Staff College, AMU, Aligarh, 26th August 2009. On this occasion, Prof. Syed Zillur Rahman (President, IAMMS) addressed the participants and gave an account on the influence of environment and its interaction with Unani Medicine. Participants appreciated the recent publication of the Academy on Environmental Pharmacology.

IAMMS MEMBERS ACTIVITIES

First Hakim Ahmad Ashraf Global Award to four members of Ibn Sina Academy

A glittering Hakim Ahmad Ashraf Global Award ceremony was held at Hyderabad on 9th August 2009. Four members of Ibn Sina Academy viz Prof. Hakim Syed Zillur Rahman, Prof. Hakim Anis Ahmad Ansari, Dr. M. Khalid Siddiqui and Prof. Hakim Mustahsin Jafri, were presented with Global Awards. These awards were given to them for their yeoman services in the field of Unani Medicine. Dr. Hakim Abul Hasan Ashraf convened the function under the aegis of Hakim Ahmed Ashraf Memorial Society. Hakim Ahmed Ashraf Farhat was the founder of Awami Group of Hospitals & Pharmaceuticals under whose name the society is recently founded.

Prof. Syed Zillur Rahman (President, Ibn Sina Academy) has been invited in the following events:

1. Meeting of ASU Drugs Technical Advisory Board, DGHS, Department of AYUSH, Ministry of Health & Family Welfare, Govt. of India, New Delhi, 24.08.2009.
2. Meeting, Markaz-i Majlis-i-Amal All India Muslim Majlis Mushāwarat, New Delhi, 8.8.2009.
3. Member Board Officers, Academy of Complementary Medicine (ACM), Dubai, UAE. The academy offers at

present few diploma courses in Traditional, Complementary and Alternative Medicine (TCAM) therapies and has approved by the Ministry of Health, UAE.

4. Vice-Chancellor's Nominee, Selection Committee, EMR Project, Department of Kulliyat, AK Tibbiya College, AMU, Aligarh, 20.7.2009.
5. Subject Expert, Selection Committee, Research Officer (Unani), CCRAS, Department of AYUSH, Ministry of Health & Family Welfare, Govt. of India, New Delhi, 15.07.2009.
6. Guest Lecture, to commemorate the establishment of Majlis-i Tahqiqât-i Tibbî (Research Committee) by Hakim Ajmal Khan for the development of Unani System of Medicine, Faculty of Unani Medicine, AK Tibbiya College, AMU, Aligarh, 2.07.2009.

Prof. S. M. Razauallah Ansari (Secretary, Ibn Sīnā Academy) was invited to organize a Symposium at the 23rd International Congress of History of Science, held in Budapest (Hungary), July 28-Aug.2, 2009. He organized successfully the symposium with the title: "Ancient and Medieval Astronomy with Special Emphasis on its Socio-Cultural Context". For more information see the Report of the Budapest Congress in this issue.

Further, he chaired the Business Meeting of the Commission for the History of Ancient and Medieval Astronomy (CHAMA) at Budapest, at which he successfully organised the election of the New Organising Committee of CHAMA. Prof. Ansari has been the President of this Commission during 2001-2005, re-elected for 2005-09. In order to relinquish his position he invited, Prof. Alexander Jones -- an expert of Greek Astronomy, having a chair at *Institute for the Study of the Ancient World* (New York) -- to accept this position,

who is now the elected president of CHAMA for 2009-2013.

Prof. Ansari was also invited to visit the following Institutes in Germany and to interact there with the historians of Islamic Science. They are:

1. Institute for the History of Arabic-Islamic Sciences, Frankfurt (Director, Prof. Fuat Sezgin). Prof. Ansari visited and worked at the Institute from Aug.10-19, 2009.
2. Institute for Oriental Studies and Islamic Sciences, Ruhr University at Bochum, Bochum (Director, Prof. Stefan Reichmuth).

Interesting to note is that Prof. Reichmuth's group has been working on Indian Islam. His recent biographical work is in English, namely, on al-Sayyid al-Murtadā al-Zabidī, the author of *Tāj al-'Urūs*. One of his students has completed a voluminous thesis on "Unani Hakims of Bhopal".

Prof. Ansari has very fruitful visits to these two Institutes. He wishes to pursue his contacts further.

Dr. Abdul Latif (Joint Secretary and Chairman, Department of Ilmul Advia, AK Tibbiya College, AMU, Aligarh) visited Saudia Arabia and performed Umrah during 29th June to 11th July 2009. He also met Sheikh Jameel Al-Harabi and Dr. Khalil Agawani of Ministry of Health, Madina, KSA. See photograph at the last page.

Dr. Syed Ziaur Rahman (Treasurer, Ibn Sīnā Academy and lecturer, Department of Pharmacology, JNMC, AMU, Aligarh) has been invited as:

1. Appointed Member, Medical Education Unit (MEU), Jawaharlal Nehru Medical College, AMU, Aligarh, for a period of 2 years (2009-2011). Earlier, also he served in the same position (2007-2009).

2. Nominated as a member of delegation by the Dean, Faculty of Medicine, Jawaharlal Nehru Medical College, AMU, Aligarh, to observe the existing medical education units (MEUs) infrastructure and activities at 2 Medical Colleges of Delhi viz. All India Institute of Medical Sciences and Maulana Azad Medical College.
3. Appointed Verifying Officer, MBBS / BDS, MD / MS and MCh Admission, AMU, Aligarh, for the session 2009-2010.
4. Published "A Guide to the Alternatives to Animal Experimentation" (ISBN 978-81-906070-4-9) pp 68, Rs.50
5. Delivered guest lecture on "Indexed Journals", Orientation Programme for PG students, Medical Education Unit (MEU), Jawaharlal Nehru Medical College, AMU, Aligarh, August 19, 2009.
6. Delivered guest lecture on "Clinical Research Guidelines on Environmental Pharmacology" during the Second 2009 IPSCON Pre-conference symposium on Current Issues in Clinical Research, organized under the aegis of Medical Education Unit (MEU), Jawaharlal Nehru Medical College, AMU, Aligarh, August 27, 2009.
7. Resource Person, CME on Pharmacovigilance for Teaching faculty and Medical Officers, Rajiv Gandhi Government Post Graduate Ayurvedic College, Paprola (Himachal Pradesh), September 23, 2009.

Dr. Rahman has also been awarded the prestigious 'International Endeavour Award' of the University of Western Sydney, Australia to pursue PhD course at the University of Western Sydney. He will work under the guidance of Prof. Gerald Muench at the Department of Pharmacology, School of Medicine, UWS, Sydney, Australia.

FORTHCOMING ACTIVITIES

25th Congress of the Union Européenne des Arabisants et Islamisants (UEAI)

The 25th Congress of the Union Européenne des Arabisants et Islamisants (UEAI) on "Islam and globalisation: Historical and contemporary perspectives", will be held at the University of Naples "L'Orientale" (Università degli Studi di Napoli "L'Orientale", Italy), from 8 to 12, September 2010.

For more details, contact by email: ueai25@unior.it

Submitted by

Prof. Agostino Cilardo,

President of the 25th Congress of the UEAI, University of Naples "L'Orientale", Faculty of the Arabic, Islamic and Mediterranean Studies, Via Nuova Marina, 59 80133 Naples, Italy

2010 Annual Meeting of the American Association for the History of Medicine

The American Association for the History of Medicine invites submissions for its 83rd annual meeting held in the historic downtown campus of the Mayo Clinic in Rochester, Minnesota from April 29 - May 2, 2010.

The Association welcomes paper submissions on any aspect of the history of health and healing; the evolution of medical and surgical ideas, practices, specialties, and institutions; and on the transformation of illness, disease, and public health over time. Papers bearing on all aspects of medicine, health, and healing, and examining all regions of the world are welcome; and papers must represent original research not already published or in press. The Program Committee accepts single-paper proposals (each presentation is limited to 20 minutes). The committee

also accepts proposals for sessions and for luncheon workshops. The Association encourages speakers to make their manuscripts available for consideration by the Bulletin of the History of Medicine, the official journal of the AAHM.

Submissions should define the topic succinctly, propose a historical argument, describe the evidence supporting the claim, and state the major conclusion(s) of the proposed paper. When proposing a narrative history, proposals must summarize the outlines of the story, identify major agents, and specify conflicts or issues to be discussed.

International Seminar "Source Material in Indian Archives and Libraries for the Study of Arab History"

The International Seminar on "Source Material in Indian Archives and Libraries for the Study of Arab History" is scheduled from October 6-8, 2009 at the Centre for West Asian Studies, Jamia Millia Islamia, New Delhi. (President, Ibn Sina Academy of Medieval Medicine & Sciences, Prof. Syed Zillur Rahman, is invited to present a paper on "Arabic Manuscripts Extant in the Library of the Academy").

For more details, contact:

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FELLOWSHIPS

Dibner History of Science Program at the Huntington 2010-2011 fellowships

The Dibner History of Science Program is designed to further study in the Burndy Library and the other history of science and technology resources at The Huntington. The Dibner program offers short- and long-

term fellowships to historians of science and technology.

Short-Term Awards Eligibility: PhD or equivalent; or doctoral candidate at the dissertation stage. **Tenure of fellowship:** One to five months. **Amount of award:** \$2,500 per month.

Long-Term Awards Eligibility: PhD or equivalent. Applicant must have received the PhD by June of 2009. **Tenure of fellowship:** Nine to twelve months. **Amount of award:** \$50,000.

The deadline for 2010-2011 fellowship applications is December 15, 2009. For information on how to apply, please go to the "Research" section of The Huntington's website at www.huntington.org.

CSE International Scholarship

The Council of Science Editors' International Scholarship Program has been developed to support editors from developing nations. A number of scholarships are being offered to enable attendance at CSE's 53rd Annual Meeting, in Atlanta, Georgia, USA, on 14-18 May 2010. The focus of the 2010 meeting will be "The Changing Climate of Scientific Publishing." Each funded scholar will receive free registration to the conference (including hotel stay and all meals) and partial reimbursement for travel expenses.

The scholarships are intended for candidates who live in countries on the Health InterNetwork Access to Research Initiative (HINARI) eligibility list (Band 1 [free access] or Band 2 [low-cost access]) maintained by the World Health Organization. Applicants who live in other countries are disqualified.

Decisions will be based on review of 2 short (150-word) essays, in which applicants

should discuss (1) why they are interested in attending the conference and (2) how they plan to apply what they learn during the meeting. Applicants who address all points will be scored higher than those who do not. Clarity of expression and perceived enthusiasm will reflect positively on the candidate. Applicants with specific goals will be scored higher than those with vague ideas.

Applications must be received by 2 October 2009. The application must be completed on the Web site:

<http://www.councilscienceeditors.org/events/annualmeeting10/scholarships.cfm>

Scholarship winners will be notified in November 2009

Submitted by Rebecca S. Benner, CSE Secretary, on behalf of Jennifer Fleet, Chair, CSE Education Committee

DOCUMENTATION

XXIII International Congress of History of Science and Technology, Budapest, Hungary

The Congress was held during 27 July- 02 August 2009 and was sponsored by the International Union of History and Philosophy of Science/Division of History of Science and Technology (IUPHS/ DHST).

It was hosted by Budapest University of Technology and Economics, which is one of the oldest technical institutions in the world, having been founded in 1782 by the Emperor Joseph II, and has a long history of major contributions to science and technology. Among its noble laureate alumni are the inventor of holograph Dennis Gabor, the Chemist Gergely, the physicist Eugene P. Wigner (1902-1995), the mathematician and expert of early

computer science John von Neumann (1903-1957).

The general theme of the Congress was "Ideas and Instruments in Social Context". The Congress consisted of 56 regular Scientific Sections and 80 Symposia, out of which 13 were organised by IUHPS historical commissions and the remaining by individual historians of science. All symposia comprised invited talks. Moreover, renowned historians of science were invited to deliver plenary lectures. We list in the following their topics

1. Darwin's Sacred Cause, by James Moore (England).
2. The Cumbersome Material heritage of Astronomy by Paolo Brenni (Switzerland).
3. From Hungary to the World: Martians of Science by I. Hargittai (Hungary).
4. Islam and Modern Science by Ekmeleddin Ihsanoglu (Turkey).
5. Scientists in Exile – A Phenomenon in Totalitarian Regimes: The Czechoslovak Case by Sona Strabanova and Antonin Kostian (Czech Republic).
6. Technology Transfer in Early Modern Europe by Robert Halleux (Belgium).
7. Antikythera Mechanism: Its meaning for Greek Astronomy by Alexander Jones (USA).
8. Women in Science in the US by Margaret Rossiter.
9. Women in Science in Europe: From Sof'ja Kowalewskaja to Dorothy Hodgkin, by Annette B. Vogt (Germany).

We have given here the details of the topics in order to emphasise their diversity.

From the list of Symposia (S), and sectional meetings (T), we select the following of our interest:

S-1 "Ancient and Medieval Astronomy with Special Emphasis on its Socio-Cultural Context", organised by the Commission of the History of Astronomy under the chairmanship of its President, Prof. S. M. Razaullah Ansari (Aligarh). The symposium comprised 15 talks, spanned over two sessions. The first session was devoted to the Greek astronomer Ptolemy and his works.

S-9 "Islamic Science in Context: Texts, Instruments, Locales and Institutions", in Memory of Professor Edward Kennedy, organised by the Commission of Science & Technology in Islamic Societies [Chaired by the President, Maria Mercés Comes (Barcelona)], with 17 talks.

T-3 "Arabic and Islamic World", chaired by M. Bagheri, with 18 talks.

T-4 "South Asia and India", Chaired by Michael Cremo and K. Munkacsy, with 12 talks.

Finally, we list in the following, a selection of talks by Indian participants only for want of space and time. In parenthesis, we note the number of the symposium/section.

1. Ansari, S.M.R., "The Indian Scholar Khairullah Muhandis and his Persian Translation of al-Tusi's Recension of *Almagest*" (S-1).
2. Ramasubramanian, K., "Jagannatha's *Samratsiddhanta*: A translation of *Almagest* into Sanskrit" (S-1).
3. Sarma, S.R., "Yavana-yantra to Yantra-raja" (S-1).
4. Sriram, M.S., "Astronomy Part of the Kerala Works, *Yuktibhasa* of 1530 AD" (S-1).
5. Bhattacharyya, R.K., "On the History of Brahmagupta's Mathematics and its Transmission to Arab Countries" (T-4).

6. Ghosh, S., "Jesuit Contribution in Science Education, Research and Popularisation of in Bengal (India) During the Late 19th Century" (T-4).
7. Gulfishan Khan, "Perception of Western Techno-Scientific Progress: Karim Khan Mushtaq Jhajjari — A Visitor to Britain (in) 1840-41" (T-4).
8. Murty, K.S., "Ideas and Instruments: The Indian Contribution" (T-4).
9. Sinha, Jagdish N., "Planning and Technology for National Reconstruction; The NPC Initiative in Colonial India" (T-4).
10. Habib, Irfan S., "Needham's River and Sea Metaphor and the 19th Century of Perception of Scientific Knowledge in India" (S-83).

For details, abstracts etc. the reader may visit the Congress' website:
(www.conferences.hu/ichst09).

The Chairperson of the Local Organising Committee, Dr. Eva Vamos, who is the Director of the Hungarian Museum for Technology and Transport, organised this Congress excellently. About 1400 delegates from 60 countries participated in the Congress. From the host country Hungary, 100 delegates attended the various sessions. Last but not the least, Ms. Marianne Kindl, Director of the SCOPE Meeting Ltd., Budapest, carried out superbly the technical management of this huge congregation. We are all praise for her.

[Source: *The Congress' Website*, the *Book of Abstracts* and Gulfishan Khan: "Report of 23rd International Congress of History of Science, Budapest" (posted on the AMU website), 14 Aug.2009. For a shorter version of this Report, see the forthcoming issue of AMU Gazette. The editor acknowledges here Dr. Khan's permission to utilise her report before publication).

Two-days P.G. Orientation programme

The Medical Education Unit, Faculty of Medicine, Aligarh Muslim University has for the first time organized a two-day P.G. Orientation programme for first year Junior Residents. More than 90 Junior Residents participated in the programme.

A test of the existing knowledge of the participants was carried out in the beginning to assess the need of the course which was followed by short lectures pertinent to topics delivered by the faculties of Medical College. Dr. Haris M. Khan delivered a lecture on Biomedical Waste Management, Dr. S.H. Arif on Rational Use of Laboratory Investigative Procedures in Pathology, Dr. Fatima Khan on Rational Use of Laboratory Investigative Procedures in Microbiology, Dr. M. Khalid on Radiological Procedures, Dr. Shagufta Moin on Rational Use of Laboratory Investigative Procedures in Biochemistry, Dr. M. Habib Raza on Different Biopsy methods and Surgical Specimen fixation, Dr. Seema Hakim on Communication Skills in Medicine, Dr. Tamkeen Rabbani on Universal Precaution for Health Care Professionals, Dr. Saadiya Saeed on Legal Responsibilities & Medical Ethics, Dr. S. Ziaur Rahman on Library Facilities & Indexing of Journals, Dr. S. F. Hashim on Preparation of Protocol and Dr. Seema Hakim/Dr. Tamkeen Rabbani on Interpersonal relationship.

The programme was received with great enthusiasm. The feedback received from the participants show that the programme has succeeded in creating a deeper insight among the young doctors regarding the doctor-patient relationship, interpersonal relationship and awareness about their technical skill.

The programme covered diverse topics such as communication skill, interpersonal relationship, safe disposal of biomedical

waste, infection prevention, practices, legal responsibilities and medical ethics, rational use of investigation as well as different aspects of publishing a research paper

The programme was organized under the supervision of Prof. S. Abrar Hasan, Dean, Faculty of Medicine and Officer-in-Charge Medical Education Unit, Prof. Seema Hakim (Coordinator), Dr. Mohd. Habib Raza (Member), Dr. Najam Khalique (Member), Dr. S.F. Hashmi (Member), Dr. Shishir Yadav (Member), Dr. Sayeedul Hasan Arif (Member) and Dr. Syed Ziaur Rahman (Member)

Second 2009 IPSCON Pre-conference symposium on Current Issues in Clinical Research

The Second 2009 IPSCON Pre-conference travelling symposium on Current Issues in Clinical Research was held under the auspices of Medical Education Unit, J N Medical College, AMU, Aligarh at Committee Room, Faculty of Medicine on 27th August 2009. This symposium was very well attended by participants representing different branches of medical science including physiology, ENT, pharmacology, pathology, microbiology, community medicine, ophthalmology, radiotherapy, obstetrics and gynaecology, etc.

The pre-conference Symposium on Clinical Research was aimed at catalyzing an in-house discussion on some current issues on clinical research guidelines such as nanotechnology in ophthalmology; clinical research guidelines on environmental pharmacology and legal and ethical issues in clinical research. The potential of clinical research in the field of medicine development is rapidly increasing. In this respect, such symposia provide an opportunity to discuss and deliberate on

this aspect of healthcare amongst medical scientists.

This symposium was the second in the series of Pre-Conference Satellite CMEs / Workshops / Seminars / Symposia on diverse topics of current interest in clinical pharmacology at different parts of the country organized by The Clinical Pharmacology Section of Indian Pharmacological Society (IPS) in collaboration with the Organising Committee of IPSCON 2009. The first of the series of IPSCON 2009 Pre-Conference Traveling Symposium was held at M. S. University of Baroda on 4th August 2009. The report of all these pre-conference traveling symposia will be presented at the 42nd Annual Conference of Indian Pharmacological Society & International Conference on Integrative & Personalized Medicine - IPSCON 2009 scheduled to be held at Kolkata from 10-12 December 2009.

Delivering the keynote address, Prof. S. Abrar Hasan, Dean and Officer-in-charge, Medical Education Unit, Faculty of Medicine, said that the prime purpose of the symposium was to discuss and debate on ways and means to strengthen legal and ethical enforcement in the process of clinical research. He highlighted the contributions of some alumni of medical college in the field of Clinical Research. Given the emerging importance of this area, it has become a talk of the town amongst doctors, he quipped. The keynote address was followed by a series of lectures. Principal & Chief Medical Superintendent of JN Medical College, Prof. M. Ashraf Malik presided over the whole session.

The first speaker Prof. N. R. Biswas (MD, DM, DNB, DSc) of Department of Pharmacology, All India Institute of Medical Science (AIIMS), New Delhi, spoke on

Nanotechnology in Ophthalmology under the chairmanship of Prof. R. R. Sukul, Director, Institute of Ophthalmology. He started his lecture from the various dimensions of nanotechnology in medicine and from discovery of C60 buckyballs by Prof. Sir Harry Kroto. He further shared his experience in Intraocular Penetration study of Nanoparticulated antibiotic Sparfloxacin including in vitro diffusion system to evaluate precorneal release of drugs. He presented the results of his studies related to Transcorneal Penetration study of Nanoparticulated Sparfloxacin. The efficacy of Nanoparticulated Sparfloxacin in experimentally induced corneal ulcers in rabbits was very encouraging. They found that nanoparticle system loaded sparfloxacin showed 15 times low MIC90 value (more potent) as compared to plain sparfloxacin. He also spoke on future role of nanotechnology viz Respirocytes (A mechanical artificial RBC), Collotocytes (Artificial mechanical platelets), Microbivores (Artificial mechanical phagocytes) and Vasculoid, which is a Personal Nanomedical Appliance to Replace Human Blood.

The second lecture by Dr. Syed Ziaur Rahman (of Department of Pharmacology, J. N. Medical College, Aligarh Muslim University, Aligarh), under the chairmanship of Prof. R. A. Khan, Head, Department of Pharmacology, was all about the Clinical Research Guidelines for Environmental Pharmacology. He dealt with the introduction of the subject, history, EU EMEA and US FDA guidelines related to Environmental Pharmacology, their limitations especially in the Indian perspective. We are living in an environment that is polluted not only by heavy metals, pesticides, and emissions from gasoline engines, but also with pharmaceutical chemicals. Drugs sometime lead double lives. Once the Active

Pharmaceutical Ingredients in administered medications have completed their intended purposes, they can take on renewed lives in the environment. These pharmaceuticals enter into the environment through various routes causing harmful effects. There is a need to evaluate existing guidelines on environmental pharmacology, he emphasized. He informed that although a number of regulatory bodies like the FDA and the European Union have set some cut-off limit for environmental concentration of drugs, but, there is still little concern & research to find the adverse effects on environment, of particular drugs given at therapeutic doses. During clinical trials, where many limitations like that of limited size, narrow population, narrow indications and short duration are observed, it was also found that evaluation of drugs on environment is practiced very minimally. This branch of post marketing surveillance of therapeutic drugs entering into environment is now referred as Pharmacoenvironmentology, a term coined by Dr. S. Ziaur Rahman.

Prof Santanu K Tripathi (MD, DM), Co-Chair - Scientific Committee, IPSCON 2009 & Secretary - Clinical Pharmacology, IPS & Head, Department of Pharmacology, Burdwan Medical College, Bardhaman, summarized the Ethical and Legal Issues in Clinical Research. He started his lecture from the moral problem in clinical research, then aims of ethical requirements in clinical research. He in a very simplistic way explained the evolution of research ethics guidelines, existing guidance, summary of Nuremburg Code, ethical conduct of research with human participant, the Belmont Report, criteria for IRB Review, legal duty of the IEC and informed Consent. He also explained the clinical trial strategies for evaluating new treatments for age-related macular degeneration (AMD), diabetic retinopathy, and other retinal

disorders. In the end, he summarized and highlighted the key issues of participation and development of clinical researches.

In essence, the symposium addressed the issues of developing standards for clinical trials in medicine and focused largely on the type and duration of clinical trials or post surveillance studies in addition to the clinical importance of the endpoints used in research clinical trials. The programme was conducted by Dr. Yogesh Khunte, a resident in the Department of Pharmacology, while the vote of thanks was moved by Prof. Seema Hakim, Coordinator, Medical Education Unit, Faculty of Medicine, JN Medical College, AMU, Aligarh.

History of Herbal Medicine

By Zahra Hashemi

Herbal medicine is the oldest form of healthcare known to mankind. Herbs had been used by all cultures throughout history. It was an integral part of the development of modern civilization. Primitive man observed and appreciated the great diversity of plants available to him. The plants provided food, clothing, shelter, and medicine. Much of the medicinal use of plants seems to have been developed through observations of wild animals, and by trial and error. As time went on, each tribe added the medicinal power of herbs in their area to its knowledgebase. They methodically collected information on herbs and developed well-defined herbal pharmacopoeias. Indeed, well into the 20th century much of the pharmacopoeia of scientific medicine was derived from the herbal lore of native peoples. Many drugs commonly used today are of herbal origin. Indeed, about 25% of the prescription drugs in the developed countries and 75% in the developing countries contain at least one

active ingredient derived from plant material. Some are made from plant extracts; others are synthesized to mimic a natural plant compound.

Undisputedly, the history of herbology is inextricably intertwined with that of modern medicine. Many drugs listed as conventional medications were originally derived from plants. Salicylic acid, a precursor of aspirin, was originally derived from white willow bark and the meadow-sweet plant. Cinchona bark is the source of malaria-fighting quinine. Vincristine, used to treat certain types of cancer, comes from periwinkle. The opium poppy yields morphine, codeine, and paregoric, a treatment for diarrhea. Laudanum, a tincture of the opium poppy, was the favored tranquilizer in Victorian times. Even today, morphine—the most important alkaloid of the opium poppy—remains the standard against which new synthetic pain relievers are measured.

Prior to the discovery and subsequent synthesis of antibiotics, the herb echinacea (which comes from the plant commonly known as purple coneflower) was one of the most widely prescribed medicines in the United States. For centuries, herbalists prescribed echinacea to fight infection. Today, research confirms that the herb boosts the immune system by stimulating the production of disease-fighting white blood cells.

The use of plants as medicine is older than recorded history. As mute witness to this fact, marshmallow root, hyacinth, and yarrow have been found carefully tucked around the bones of a Stone Age man in Iraq. These three medicinal herbs continue to be used today. Marshmallow root is a demulcent herb, soothing to inflamed or irritated mucous membranes, such as a sore throat or irritated digestive tract.

Hyacinth is a diuretic that encourages tissues to give up excess water. Yarrow is a time-honored cold and fever remedy that may once have been used much as aspirin is today.

In 2735 B.C., the Chinese emperor Shen Nong wrote an authoritative treatise on herbs that is still in use today. Shen Nong recommended the use of Ma Huang (known as ephedra in allopathy), for example, against respiratory distress. Ephedrine, extracted from ephedra, is widely used as a decongestant. It is found in its synthetic form, pseudoephedrine, in many allergy, sinus, and cold-relief medications produced by large pharmaceutical companies.

The records of King Hammurabi of Babylon (c. 1800 B.C.) include instructions for using medicinal plants. Hammurabi prescribed the use of mint for digestive disorders. Modern research has confirmed that peppermint does indeed relieve nausea and vomiting by mildly anesthetizing the lining of the stomach.

The entire Middle East has a rich history of herbal healing. There are texts surviving from the ancient cultures of Mesopotamia, Egypt, and India that describe and illustrate the use of many medicinal plant products, including castor oil, linseed oil, and white poppies. In the scriptural book of Ezekiel, which dates from the sixth century B.C., we find this admonition regarding plant life: "...and the fruit thereof shall be for meat, and leaf thereof for medicine." Egyptian hieroglyphs show physicians of the first and second centuries A.D. treating constipation with senna pods, and using caraway and peppermint to relieve digestive upsets. Dioscorides, a Greek physician, in 2nd AD wrote a comprehensive material medica mainly based on medicinal herbs.

Throughout the Middle Ages, home-grown botanicals were the only medicines readily available, and for centuries, no self-respecting household would be without a carefully tended and extensively used herb garden. For the most part, herbal healing lore was passed from generation to generation by word of mouth. Mother taught daughter; the village herbalist taught a promising apprentice.

By the seventeenth century, the knowledge of herbal medicine was widely disseminated throughout Europe. In 1649, Nicholas Culpeper wrote *A Physical Directory*, and a few years later produced *The English Physician*. This respected herbal pharmacopeia was one of the first manuals that the layperson could use for health care, and it is still widely referred to and quoted today. Culpeper had studied at Cambridge University and was meant to become a great doctor, in the academic sense of the word. Instead, he chose to apprentice to an apothecary and eventually set up his own shop. He served the poor people of London and became known as their neighborhood doctor. The herbal he created was meant for the layperson.

The first U.S. Pharmacopeia was published in 1820. This volume included an authoritative listing of herbal drugs, with descriptions of their properties, uses, dosages, and tests of purity. It was periodically revised and became the legal standard for medical compounds in 1906. But as Western medicine evolved from an art to a science in the nineteenth century, information that had at one time been widely available became the domain of comparatively few. Once scientific methods were developed to extract and synthesize the active ingredients in plants, pharmaceutical laboratories took over from providers of medicinal herbs as the producers of drugs. The use of herbs,

which for most of history had been mainstream medical practice, began to be considered unscientific, or at least unconventional, and to fall into relative obscurity.

The World Health Organization (WHO) estimates that 4 billion people, 80% of the world population, presently use herbal medicine for some aspect of primary health care. Herbal medicine is a major component in all indigenous peoples' traditional medicine and a common element in Ayurvedic, homeopathic, naturopathic, traditional oriental, and Native American Indian medicine. WHO notes that of 119 plant-derived pharmaceutical medicines, about 74% are used in modern medicine in ways that correlated directly with their traditional uses as plant medicines by native cultures. Major pharmaceutical companies are currently conducting extensive research on plant materials gathered from the rain forests and other places for their potential medicinal value.

"WHO guidelines on basic training in Unani medicine" is under press and soon will be published by WHO from Geneva, Switzerland. It will be an international publication for Unani Practitioners.

Ibn Sina Academy of Medieval Medicine & Sciences congratulates its editor to convince the authorities of WHO to have such an important publication. The forthcoming guidelines of WHO on Unani Medicine will help to understand health workers worldwide the basic principles and theories underlying in the Unani Medicine.

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