



# Newsletter of Ibn Sina Academy (NISA)

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**Ibn Sina Academy of Medieval Medicine & Sciences  
Aligarh, India**



## CENTRAL COUNCIL FOR RESEARCH IN UNANI MEDICINE Ministry of AYUSH, Government of India

The Central Council for Research in Unani Medicine (CCRUM) is an autonomous organization under the Ministry of AYUSH, Government of India. It was established on 30 March 1978; however, it started functioning in January 1979. Since inception, the Council has been busy in researching various fundamental and applied aspects of Unani Medicine. Over the years, the CCRUM has emerged as the world-leader in the field of research in Unani Medicine.

### THE NETWORK

The CCRUM has 23 research centers functioning in different parts of the country, besides its headquarters in New Delhi.

### 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

### MAJOR ACHIEVEMENTS

Some of the significant achievements of the Council are as follows:

#### Clinical Research

- Developed 27 Unani drugs, which are purely natural, standardized and without any side-effects, for successful treatment of vitiligo, sinusitis, infective hepatitis, eczema, filariasis, malaria, rheumatoid arthritis, bronchial asthma and some other common ailments.
- Obtained 15 patents on for developing certain novel therapeutic compositions and SCAR primers.

#### Drug Standardization

- Developed pharmacopoeial standards for 298 single and 150 compound drugs. Besides, Standard Operating Procedures (SOPs) for manufacture of 50 compound drugs have also been finalized.
- Published six volumes of *National Formulary of Unani Medicine*, six volumes of *Unani Pharmacopoeia of India (UPI)*, Part 1 (on single drugs), and three volumes of the UPI, Part 2 (on compound drugs).

#### Survey and Cultivation of Medicinal Plants

- Collected over 104,568 specimens of medicinal plants belonging to 1,800 species from the wild.
- Undertaken successful cultivation of 33 important medicinal species.
- Gathered and documented over 16,261 folk medicinal claims.

#### Literary Research

- Translated 56 volumes of 21 classical books/manuscripts from Arabic/Persian into Urdu and other languages.
- Prepared a database of 2,400 manuscripts of Unani Medicine.
- Reprinted over 70 rare classical books.
- Compiled Standard Unani Medical Terminology for 4,028 terms of Unani Medicine.
- Developed 'Standard Unani Treatment Guidelines for Common Diseases'.

#### Publications

- Produced over 2,000 research papers and brought out about 400 publications, besides regular publication of a quarterly bulletin *CCRUM Newsletter*, quarterly Urdu Journal *Jahan-e-Tib* and quarterly English Journal *Hippocratic Journal of Unani Medicine*.

For further information please contact:

**Director General**

**CENTRAL COUNCIL FOR RESEARCH IN UNANI MEDICINE**

**Ministry of AYUSH, Government of India**

61-65 Institutional Area, Janakupri, New Delhi – 110 058 (India) | Tel: 91-11-28521981

E-mail: [unanimedicine@gmail.com](mailto:unanimedicine@gmail.com) Website: <http://ccrum.res.in>

**Developing  
Research  
In Unani  
Medicine**

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### EVENTS AT IBN SINA ACADEMY

(July – September 2019)

#### **A Fulbright Scholar joined Ibn Sina Academy**

Under the United States-India Educational Foundation's student researcher program (USIEF), Mr. Michael Benevenia a scholar from Maryland Institute College of Art, Maryland, USA, has joined Ibn Sina Academy as Fulbright Scholar on 30th September 2019. His research proposal is "Viśpalā's Iron Leg: Striving for Solidarity through Sculpture."

On first of October 2019, he will deliver 41st Guest Lecture at Ibn Sina Academy on a topic, 'Wounds, ladders, and Mizaj: Finding Inspiration for Sculpture in Unani Medicine' at 6:30 pm.

#### **WoD Audition '20**

The Wings of Desire (WoD), an NGO working on diverse socioeconomic and literacy fields arranged an audition camp to select candidates for various posts of the organization on 30th September 2019.

The Mega Audition 20.0 was held at Ibn Sina Academy, on 29 September 2019. The panel of Judges was comprised of Prof. (Dr.) Syed Ziaur Rahman (Patron, Wings of Desire and Deputy Medical Superintendent, JN Medical College and Hospital), Dr. Prabhat Dasgupta (Narrator, Theater Actor and Movie Director), Dr. Ahmad Faraz Khan (Asst. Professor, Management Department, AMU), Mr. Anil Agarwal (MD, Deshbandhu Khadi Industry), Miss. Nidhi Sharma (Para legal Volunteer, DSLA), Advocate Abhishek Nath Parasar (Lawyer, Hight Court, Delhi) and Mr. Sameer Sherwani (Founder, The Wings of Desire).

Lots of applications of contestants from different corners of Aligarh city and rural areas were received. The audition started with a written test as participants came in large number to be the first part of the event. While some impressed the judges

with their witty introductions, other managed to take center stage with their talent and personality.

The event was volunteered and managed by Tausif Ahmad (Vice President, WoD), Azeem Khan (Secretary, WoD), Anas Ahmad Khan, Imra Farheen, Baby Praveen, Akram, Zeeshan, Urooj, and Azhar Shoeb.

#### **Annual Function of 'ilm Achiever'**

To inculcate the idea of motivation and to make the future generation of the society, a program was organised by a well known coaching firm 'ilm Achiever' at Ibn Sina Academy along with felicitating the top rankers of various reputed entrance examinations like NEET, IIT-JEE and AMU Entrance Examinations.

Professor Suhail Sabir (Department of Chemistry and ex-chairperson, AMU Alumini Affairs Committee), Dr Abdus Salam Jeelani (Department of History) and a well known soft skill trainer known for his kind gesture Mr Nadeem Siddiqui supervised the program hosted by team 'ilm Achiever'.

Mementos to following students were distributed to Mr. Zafar Shadab (11<sup>th</sup> Ent. Rank 2), Mr. Ghulam Ashraf (11<sup>th</sup> Ent. Rank 14), Ms. Shimra Sohail (9<sup>th</sup> Ent. Rank 3), Mr. Saad Siddiqui (9<sup>th</sup> Ent. Rank 4) and Ms. Sidra Ahmad (6<sup>th</sup> Ent. Rank 2)

The program was started by the recitation of holy Quran by Mr. Mohd Naseeruddin (Faculty Urdu, 'ilm Achiever'). The welcome speech was delivered by Mr. Saifur Rahman (Faculty Physics, 'ilm Achiever'). Mr. Md. Tawheed (Faculty Biology, 'ilm Achiever') presented the annual report of 'ilm Achiever'. After that the prize distribution and speeches by delegates took place. More than a hundred members including students and

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parents participated in the event that took place on 28 July 2019.

The Director of 'ilm Achiever', Mr. Imran Khan, delivered the following speech, "It gives me immense pleasure to host such an event in which there are students who are top performers of the well known examinations of India, there are dignitaries who have served not only India but the whole world, there are dignitaries who have been awarded as a young scientist and there are dignitaries who are working continuously on the path shown by Sir Syed Ahmed Khan for the upliftment of society. I am highly indebted to all of them who came here and enlightened us with their knowledge, with their experience and with their love. The main motive of this program to be held at a historical place like Ibn Sina Academy is to motivate students and to achieve something bigger and better. Last but not the least, I would like to thank all my faculty members, staffs, students and parents for sparing out their precious time and coming here to make this event a successful one".

### VISIT OF DIGNITARIES

1. Dr. Rohit Jindal, Department of Orthopaedic Surgery, Government Medical College and Hospital, Chandigarh, 28.9.2019.
2. Prof. (Dr.) Mohammad Aslam Parvaiz, Vice Chancellor, Maulana Azad National Urdu University, Hyderabad, 7.9.2019.
3. Mr. Raghvendra Pratap Singh, Joint Director, Minority Welfare & Waqf Department, Govt of UP, Lucknow, 5.10.2019.
4. Ms. Amrita Singh, Regional Director, Minority Welfare & Waqf Department, Govt of UP, Ghaziabad, 5.10.2019.
5. Ms. Smita Singh, District Incharge, Minority Welfare & Waqf Department, Govt of UP, Aligarh 5.10.2019.
6. Mr. Sabir Khan, Former Passport Regional Incharge, Ghaziabad (UP), 5.10.2019.

7. František Peterka, Praha, Czeck Republic, 25.8.2019.

8. Delegates, Subject Refresher Course on Library Information Science, UGC-HRD Centre, AMU, Aligarh, 26.09.2019

### MEMBERS' ACTIVITIES

**Prof. S. Zillur Rahman**, President, Ibn Sina Academy, has also been invited to attend following events:

1. Chief Guest, 2nd Anniversary of 'Usmania Helping Hands', held at Faculty of Arts, Aligarh Muslim University, Aligarh on 16.9.2019. Usmania Helping Hands, an NGO working in food distribution for poor, destitute and orphan in Aligarh was started on 14th September 2017 after taking a lead and inspiration from 'Sunny Welfare Foundation', Hyderabad. Other dignitaries who addressed on the occasion were Mrs. Atia Saeed, (Founder, Atia Academy), Mr. Wali Rahmani (President, Ummeed, Delhi), The programme was organized by Miss Sadia Usman (Secretary, Usmania Helping Hands) and Faizan Alig (President, Usmania Helping Hands)
2. Presided, Inaugural Session, 10-Days National Workshop on Research Methodology for Urdu Research Scholars, Faculty of Arts Lounge, AMU, Aligarh on 20.10.2019. The workshop was organized from 20th August to 29th August 2019 by the Dept. of Urdu, AMU in collaboration with Jamia Urdu, Aligarh. Prof. Rahman also delivered a lecture at Ibn Sina Academy.
3. Guest of Honour, Xth International Avicenna Readings - Scientific Conference, September 20-21, 2019 in Bukhara, Uzbekistan (See detail on page 7-9)

### Interview of Hakim Syed Zillur Rahman by IMC, MANUU, Hyderabad

Media Centre of the Maulana Azad National Urdu University, Hyderabad, officially taken interviews of scholars

working on Urdu. Following is a link of Interview of Hakim Syed Zillur Rahman:  
<https://www.youtube.com/watch?v=riyK5lEsKYw&feature=youtu.be&fbclid=IwAR3kPv7sxJo3noqg4eao4slqMdSHBQzZ7Mpa6LVLFFnWbVv-Ypf8Tu5oII0>

**Prof. Abdul Latif**, Joint Secretary, Ibn Sina Academy, participated in the X International Avicenna Readings: Scientific Conference, September 20-21, 2019 in Bukhara, Uzbekistan (See detail on page 7-9)

**Prof. Syed Ziaur Rahman**, Honorary Treasurer, Ibn Sina Academy and Professor, Department of Pharmacology, AMU, Aligarh, was invited for following events:

1. International Guest Lecture, Faculty of Medicine, Mulawarman University, Samarinda, Indonesia, 28.8.2019 and Keynote Speaker, 3rd International Conference of Tropical Studies and Its Applications (ICTROPS), Samarinda, East Kalimantan, Indonesia, August 26-27, 2019. Evaluated posters presentation as judge (See detail on page 9-10)
2. IPC Meeting, Indian Pharmacopoeia Commission, Ghaziabad, 1.8.2019. The meeting was presided over by Dr. G. N. Singh
3. Jamia Hamdard IEC Meeting, Scholars House, New Delhi, 25.7.2019, 19.8.2019, 23.9.2019
4. Antimicrobial Stewardship Workshop in collaboration with ICMR-AMS Initiative, Sir Ganga Ram Hospital, New Delhi, 10.9.2019
5. External Examiner for PhD Viva Voce (Pharmacology), Jamia Millia Islamia, New Delhi, 19.8.2019

**Dr. Abdur Rauf**, Executive Member, Ibn Sina Academy, participated in the Xth International Avicenna Readings: Scientific Conference, September 20-21, 2019 in Bukhara, Uzbekistan (See detail on page 7-9)

## FORTHCOMING EVENTS

### **International Conferene on Ethnopharmacology and 6th Annual Meeting of Society of Indian Medical Anthropologists (SIMACON 2020)**

The Department of Pharmacology of Aligarh Muslim University and Foundation for Evidence-based Development in India (FEDI) are going to organize the International Conference with a theme on "Non-documented Medical Traditions and Ethno-pharmacology: Potentials and Challenges" under the aegis of Society of Indian Medical Anthropologists (SIMA) during 13-14 February 2020.

For further details, please contact: Prof. Syed Ziaur Rahman, Organising Secretary, Department of Pharmacology, JNMC, AMU, Aligarh 202002.

### **National Conference on Pharmacovigilance (AYUSHSURAKSHA) and 18th Annual Meeting of Society of Pharmacovigilance, India (SOPICON 2019)**

The 18th Annual Conference of Society of Pharmacovigilance, India (SOPICON'19) and the National Conference on Pharmacovigilance (AYUSHSURAKSHA) is scheduled to be held at Institute for Post-graduate Teaching and Research in Ayurveda (IPGT&RA), Gujarat Ayurveda University, Jamnagar (Gujarat) from 8-9 November 2019. IPGT&RA is designated as WHO Collaborating Centre in Traditional Medicine (Ayurveda) and Intermediary Pharmacovigilance Centre for Ayurveda.

Institute for Post Graduate Teaching & Research in Ayurveda, established by Govt. of India, in 1956, is the first Post Graduate institute in India fully dedicated to Ayurvedic teaching and Research. This is the only constituent Post Graduate Institute of Gujarat Ayurved University, the first Ayurveda University of the country since 1967. This institute has a strong legacy of 63 years of teaching and research in Ayurveda, Ayurvedic Pharmacy and

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Medicinal plants and has produced more than 2000 Post graduates and 350 Ph.Ds, till date. The work force developed by this institute forms the backbone of Ayurvedic Teaching, Research and Administration in India and abroad. The institute is the only designated WHO Collaborating Centre for Traditional Medicines (Ayurveda). Students from more than 30 countries have been trained in different courses from this Institute. The Institute has served as the first National Pharmacovigilance Resource Centre (NPRC) for ASU Drugs and taken leading role in establishing pharmacovigilance programme in traditional medicine under NPP-ASU drugs and now working as the Intermediary Centre under pharmacovigilance programme for ASU&H drugs, by Ministry of AYUSH, Govt. of India. This Institute manages 'AYU' – A PubMed indexed, quarterly peer reviewed research Journal of Ayurveda and is also implementing body for MoU of Gujarat Ayurved University with more than 20 National and International institutes.

Society of Pharmacovigilance India (SoPI) has well-defined objectives to foster science and learning in pharmacovigilance all over India. The nature of the global pharmacovigilance landscape and societal context has been rapidly changing in recent years and is still changing. The SoPI believes in constantly evolving to reflect this wider scope as part of its own aims. The scope of pharmacovigilance expands to include any area that contributes peer knowledge and understanding regarding the safe and effective use of medicines at pre and post marketing stages. Pharmacovigilance concerns of drugs and procedures used in traditional medicines and are in debate at national and international levels. Since last 10 years, SoPI dedicated one scientific session on pharmacovigilance for traditional medicines. SoPI organizes annual conference and arranged two orations. This year, for the first time, an AYUSH institution is going to organize a

SoPI conference. The KC Singhal Oration will be delivered by Prof. S. S. Savirkar (Former Vice Chancellor, Gujarat Ayurved University) and John Autian Oration will be delivered by Prof. Swandari Paramita (Head, Research Centre for Medicine and Cosmetic from Tropical Rainforest Resources, Mulawarman University, Samarinda, Indonesia).

For more details about the Conference, please contact: Prof. Rabinarayan Acharya, Organising Secretary and Coordinator, IPvC, Jamnagar Mobile: 9924585855 or Prof. Syed Ziaur Rahman, National Secretary of the SoPI, Mobile: 8266001772.

**International CME on 'Safety of Medicinal Food Products'**

Department of Pharmacology, Jawaharlal Nehru Medical College, Aligarh Muslim University, Aligarh, is going to organize One-day International CME on 'Safety of Medicinal Food Products' on November 11, 2019 at Lecture Theatre 1, Jawaharlal Nehru Medical College.

Following topics and resource persons are invited:

1. Indonesian Traditional Medicine (JAMU) for High Cholesterol by Prof. Swandari Parimata (Head, Tropical Research Centre for Medicine and Cosmetic from Tropical Rainforest Resources, Mulawarman University, Samarinda, Indonesia)
2. How to live healthy for 100 years through proper diet by Prof. Afrozul Haq (Ex-Head, Dept. of Food Technology, Ministry of Science, UAE; Dean, Faculty of Interdisciplinary Science & Technology, Jamia Hamdard, New Delhi)
3. Drug Interaction with Herbs by Prof. Mohammad Nasiruddin (Head, Dept. of Pharmacology, JMMC, AMU, Aligarh)
4. Concept and development of carotenoid and tocopherol rich functional food aiming for children by Dr. Anton Rahmadi (Dept. of

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Agricultural Product Technology,  
Mulawarman University, Samarinda,  
Indonesia)

5. Understanding concept of  
Pharmacovigilance for Tropical  
products of natural drugs and  
supplements by Prof. Syed Ziaur  
Rahman (Dept. of Pharmacology,  
JNMC, AMU, Aligarh).

For more details about the CME, please  
contact: Prof. Syed Ziaur Rahman  
(Organising Secretary).

**Medicine and Its Objects Workshop**

The Medicine and Its Objects Workshop is  
pleased to announce its call for papers for  
the 2019–2020 academic year. This  
workshop explores the relationship  
between medicine and the material and  
social worlds in which it is practiced and  
studied. We invite submissions from  
graduate students, postdoctoral fellows,  
and faculty members whose  
work examines how medicine's historical  
and cultural contexts influence the way it  
is studied and practiced in the  
present. Submissions from disciplines  
across the humanities, sciences and  
social sciences are welcome and we  
especially encourage proposals for  
collaborative and experimental formats  
that cross disciplinary and methodological  
boundaries.

If you are interested in presenting, please  
email Katie Gibson (gkate@uchicago.edu)  
with a brief description and tentative paper  
title by September 16th. Please also  
indicate which quarter(s) you would prefer  
to and/or cannot present. Workshop  
papers should be works in progress  
between 20–30 pages in length (article  
drafts, dissertation or book chapters or  
proposals, etc.). Accepted presenters are  
asked to submit their paper one week  
before their workshop date. The workshop  
strives to build a durable community, so  
we ask that presenters regularly attend  
the workshop for at least the quarter in  
which they present.

Submitted by Katie Gibson  
Doctoral Candidate, The University of  
Chicago, School of Social Service  
Administration, USA

**DOCUMENTATION**

**Report of Xth International Avicenna  
Readings - Scientific Conference -  
September 20-21st, 2019 in Bukhara**

Ibn Sino (Avicenna) Public Foundation in  
cooperation with the Ministry of Health of  
the Republic of Uzbekistan, Khokimiyat of  
Bukhara region, National Chamber of  
Innovative Health of the Republic of  
Uzbekistan and Bukhara State Medical  
Institute named after Abu Ali Ibn Sino  
organized the “Xth International Avicenna  
Readings - Scientific-practical Conference  
on the theme of “Abu Ali Ibn Sino  
(Avicenna) and Modern Medicine” during  
20-21 September 2019 at Bukhara. Prof.  
S. Zillur Rahman, Prof. Abdul Latif and Dr.  
Abdur Rauf as members of Delegation of  
Ibn Sina Academy attended the  
Conference.

The delegation reached Tashkent on 18th  
September and was welcomed by Prof.  
Makhmudov Nozimkhon, Chairman of the  
Board of Avicenna Public Foundation.

The conference participants were  
accommodated in the Hotel Uzbekistan.  
The next morning all delegates together  
proceeded for Bukhara by a train on 19th  
September 2019.

On the first day of the Conference  
September 20th, after registration  
formalities, all participants were taken to  
Afsona, the Birth Place of Ibn Sina, who  
was born on 16th August 980. All  
delegates were welcomed by Uzbekistan  
traditional way of reception. Participants  
were delighted and went back to Bukhara  
after the close of the Conference.

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Prof. S. Zillur Rahman was honoured at the Institute of Medical Science, Karaqul. The Governor (Hokhim) of Karaqul draped Prof. Rahman with traditional garment (Chopon), which was a beautiful, embroidered traditional robe along with a customary cap and Sash. It was the recognition of his vast work on Ibn Sina and to introduce the same in India. Later on, the participants, the staff member of Karaqul Institute of Medical Science and other dignitaries congratulated Prof. Rahman.

After lunch, a press conference was conducted by the Chairman of the Board of Avicenna Public Foundation followed by the ceremony of signing the Memorandum of Cooperation between Avicenna Public Foundation and Tashkent State Dental Institute. In the same programme, Prof. Abdul Latif's book "Huqna (Enema & Basti) Therapy" (Prowess Publisher, Chennai) was also released very enthusiastically.

Prof. Makhmudov Nozimkhon, Chairman of the Board of Avicenna Public Foundation presented detailed activities of the Foundation. After the Conference, number of questions were asked which the Chairman of Board of Avicenna Public Foundation gave very satisfactory answers.

In the Inaugural Function, Prof. S. Zillur Rahman, Prof. Michael Such and Dr. Michael Gross of Israel presented their deliberations to the gathering and medical students.

Prof. Abdul Latif gave a talk on "Huqna or Enema therapy according to Ibn Sina", while Dr. Abdur Rauf spoke on "Contribution of Ibn Sina with particular reference to Risala Advia Qalbia".

On September 21, the second day of the Conference, the official opening ceremony

of the conference was held in the Conference Hall of Youth Center of Bukhara. Inaugural welcoming speeches were delivered by dignitaries sitting on the dais. They were honorable Mr. Barrnoev Uktam, Khokhim (Governor of Bukhara), Mr. Shadmanov Alisher (Minister of Health, Republic of Uzbekistan), Prof. Inoyatov Amrillo (Rector of Bukhara State Medical Institute), Prof. Rahman Syed Zillur Rahman (President of Ibn Sina Academy in India), Prof. Michael Such (President of Avicenna Foundation in Israel) and Prof. Makhmudov Nozimkhon (Chairman of Board of Avicenna Public Foundation Tashkent, Uzbekistan).

Prof. Rahman, after the speech at the Inaugural Session of the Conference, was again honored by the Governor (Hokhim) of Bukhara, and received a beautiful shield and Ibn Sina Memento.

The conference concluded with 29 scholarly scientific speeches, practical demonstrations, presentations followed by deliberations, discussion, summarizing and adoptions of the final document of the conference along with enjoyable closing ceremony. The whole conference was held in 4 separate conference halls as follows: a) Plenary session, b) 3 separate sections namely 1) Traditional Medicine 2) Pharmacy and 3) Healthy Lifestyle.

Last but not the least a gala dinner and concert program in Buyuklpak Yuli Restaurant in Bukhara was arranged and which was enjoyed by all delegates and participants. The delegates were from various parts of Uzbekistan and other countries like India, Bangladesh, Germany, Kazakhstan, Tajikistan, Kyrgyzstan, Philippines and Israel.

The Delegation of Ibn Sina Academy visited other places such as Amir Temur Crossing in Samarqand and met many persons. To name a few: Prof. Chandra Shekhar (Director, Indian Institute of



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Culture, Tashkent), Dr. Mullozohur Tohiry (Regional Representative of the International Academic Accreditation and Certification Committee, Republic of Tajikistan and Dagestan), Dr. Nasriev Muhammadamin Xaliddinovich (Mudir, Uzbekistan Musulmonlari Idorasi, Ko'kaldosh O'rta Maxsus Islom Ta'lim Muassasasi, Uzbekistan), Dr. Mohammad Adam (Frankfurt, Germany), Dr. Abhimanyu Talukdar (Secretary General, The Smile Mission Ltd, Singapore) and Prof. Michael Such (Chinese Medicine Expert, Ibn Sino Clinic, Tel-Aviv, Israel).

### **Prof Syed Ziaur Rahman attended Academic Programmes in Indonesia**

Prof Syed Ziaur Rahman, Treasurer, Ibn Sina Academy, was invited to attend various academic functions in Indonesia. As a 'Guest of Honour', he attended one of the largest research and technology exhibitions "RITECH Expo 2019" at the Historical Monument Bajra Sandhi, Denpasar Bali on 25.8.2019. He was shown best scientific innovations done in the last year by various universities and research institutes. In Bali, he was presented gifts including few samples of Petoskey stone, which is a rock and a fossil composed of a fossilized rugose coral, Hexagonaria Percarinata. Such stones were formed as a result of glaciation. They are fragments of a coral reef that was originally deposited during the Devonian period around 350 million years ago.

From Bali, he went to Samarinda, East Kalimantan (Borneo Island), to deliver a keynote lecture on Safety of Tropical Medicinal Food during the 3rd International Conference of Tropical Studies (ICTROPS), held at MESRA Resort during 26-27 August 2019. He was also assigned to judge scientific posters presented during the conference. The delegates of the conference were taken later on to the Dayak tribe village at Pampang Cultural Park. This place is around 25 km from the Samarinda city

and has the attraction such as dancing and one of famous Dayak heritage village. In Samarinda, he was gifted original handmade Batik Painting from Yogyakarta and Dayak traditional handicrafts made from colorful beads and woods. It is worth mentioning here that on the same day of arrival on 26.8.2019 to the city of Samarinda, the Government of Indonesia announced the change of its capital city from Jakarta to Samarinda.

Next day on 28.8.2019, he was invited as "International Guest Speaker" by the Faculty and student members of Mulawarman University. The programme was arranged at the Rectorate Building of Mulawarman University. The executive president of the student association and head of the research division welcomed Dr. Rahman, followed by national anthem. Dr. Arie Ibrahim (Consultant Neurosurgeon and Head of Research Laboratory, Mulawarman University) introduced Dr. Rahman while Dr. Anton Rahmadi (Department of Agricultural Product Technology, Mulawarman University) moderated the lecture delivered on Medical Heritage extant at Ibn Sina Academy, Aligarh. The lecture was well attended by both teachers and students of different medical and paramedical courses and was followed by rich question-answers session. Memorandum of Understanding (MoU) was discussed between the Ibn Sina Academy (Aligarh) and Mulawarman University (Samarinda) for future collaboration. As a result of this MoU, Dr. Swandari Paramita (Head of MCTrops, Research Center for Medicine and Cosmetic from Tropical Rainforest Resources, Mulawarman University) and Dr. Anton Rahmadi (Department of Agricultural Product Technology, Mulawarman University) are now visiting India to attend and participate annual conference of Society of Pharmacovigilance India (SOPICON 2019) at Jamnagar Ayurveda University, Jamnagar (Gujarat). Both parties hope

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that with this MoU, the relationship between India and Indonesia would further be enhanced.

In Samarinda, Dr. Rahman visited many departments of Mulawarman University including the beautiful office of PIU-IDB 4 in 1 Project of Mulawarman University and met many delegates of ICTROPS '19 and faculty members such as Prof. Enos Tangke Arung (Secretary, Institute for Research and Community Services, Mulawarman University), Dr. Harlinda Kuspradini (Forest Products Chemistry Laboratory, Forestry Faculty of Mulawarman University), Dr. Esti Handayani Hardi (Laboratory of Microbiology, Department of Fisheries and Marine Science, Mulawarman University), Dr. Swandari Paramita (Head of MCTrops, Research Center for Medicine and Cosmetic from Tropical Rainforest Resources, Mulawarman University), Dr. Warinthorn Chavasiri (Center of Excellence in Natural Products Chemistry, Chulalongkorn University, Thailand), Prof. Kuniyoshi Shimizu (Kyusu University, Japan), Dr. Khaled Chetehouna and Prof. Driss Boutat (INSA Centre Val de Loire, France).

On 30th August, Dr. Rahman visited Jakarta and called on Dr. Wawaimuli Arozal (Head of the Department of Pharmacology and Therapeutics, Faculty of Medicine, University of Indonesia) and other faculty members such as Dr. Again Jeffilando Barinda. During the meeting, it was agreed that a delegation of the Department would soon visit India to attend the upcoming International Union of Pharmacology (IUPHAR) and Indian Pharmacological Society (IPS) joint Meeting at Hyderabad on December 2019. In Jakarta, Dr. Rahman visited also the Thamrin Museum - Mohammad Husni Thamrin was the national hero, freedom fighter and prominent political figure of Indonesia, Museum of Indonesian Medical Education and Research Institute (IMERI Museum of University of Indonesia),

Museum Kebangkitan (Museum of National Awakening), where large number of artefacts belonging to STOVIA (School Tot Opleiding van Inlandsche Artsen) popularly known as "school for the training of native physicians". STOVIA was a medicine school in Batavia, now in Indonesia's former capital Jakarta. The school was officially opened in March 1902 in a building that is now the Museum of National Awakening in Weltevreden, an affluent district of Batavia.

**Note:** The author is thankful to Dr. Anton Rahmadi (Department of Agricultural Product Technology, Mulawarman University) for arranging the whole trip of Indonesia. The gifts and mementoes gifted to Dr. Rahman during this trip are now preserved at the museum of Ibn Sina Academy.

### **Inauguration of New Building of the Department of Jarahat at Ajmal Khan Tibbiya College, AMU, Aligarh**

The Vice Chancellor of Aligarh Muslim University Prof Tariq Mansoor inaugurated the New Building of the Department of Jarahat (Faculty of Unani Medicine). The Chief Guest Prof. Tariq Mansoor, said that the issue of space for the department is resolved. He said that the construction of the New Building of the Department of Jarahat is carried out through the UGC grant and three other departments under construction are part of the project to facilitate and support the teachers by providing adequate space and better atmosphere for research work. He assured his commitment to the academic infrastructure development and to provide required teaching faculty to the department.

The Guest of Honour Prof. M. H. Beg (Pro-Vice Chancellor) commented that the adequate space is given to the department after a long time.

Prof. Tafseer Ali (Chairman Department of Jarahat) thanked Prof Tariq for his

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commitment to put department in order. He briefed that the Department now owns 9 rooms including PG Seminar, Library, Research Laboratory, and Virtual Training Station for Laparoscopy and Endoscopy, Space for ECG & Uroflometry and Meeting room and chambers for the teachers with computer and internet facilities.

Padma Shri Prof. Hakim Syed Zillur Rahman (Hony Treasurer, AMU), Prof. Khalid-uz-Zaman Khan (Dean), Dr. Saud Ali Khan (Principal), Chairpersons of various departments, faculties members of the Department of Studies of Faculty of Unani Medicine, Member-Incharges of Building and Electricity Departments, General Manager Dawakhana Tibbiya College and other dignitaries were also present on the occasion.

**Ministry of AYUSH approves Post-graduate seats in four new subjects of Unani Medicine**

The Ministry of AYUSH, Government of India has approved admission to postgraduate programme in four subjects including Ilaj Bit Tadbeer, Munafeul Aza, Ilmul Saidla and Amraz-e-Jild, for the session 2019-20, at the Ajmal Khan Tibbiya College, Aligarh Muslim University, Aligarh.

Professor Saud Ali Khan, Principal of the College, informed that the Ministry has granted approval for four postgraduate seats, each for the above four subjects, thus making a total of 32 postgraduate seats in the Tibbiya College so far.

**Book Review by Mujtaba Hussain on “Sir Ross Masud” by Hakim Syed Zillur Rahman**

Mujtaba Hussain is an Indian satirist and writer of Urdu literature. He has published several books and over 15 volumes of humor journalism, with many of them translated into Hindi, English and other languages. “*Apsy Yaad Mein: an Autobiographical Satire, Urdu ke Sheher,*

*Urdu ke Log: Behar-hal, Safar Lakht Lakht aur Mera Column* are some of his notable works. The account of his life has been published as a book by Educational Publishing House, New Delhi, with the title, “*Mujtaba Hussain jaisa dekha jaisa paya*”, and it has also published another book, “*Mujtaba Hussain Apnon ke Beech*”, on his writing and creations. The *Siasat Daily*, an Urdu-language Indian daily newspaper, has launched a dedicated website on *Hussain*, where 25 books totaling over 6500 pages of his writings are available for reading. The Government of India awarded him the fourth highest civilian honour of the Padma Shri, in 2007, for his contributions to Urdu literature.

**AAEP lecture on Bone Marrow Biopsy**

Jawaharlal Nehru Medical College, Aligarh Muslim University alumnus, Dr. M Kamran Khan, presently working as a Consultant Hematopathologist at Prince Faisal Cancer Centre, Qassim, Kingdom of Saudia Arabia, delivered a lecture on 'Bone Marrow Biopsy: An approach to diagnosis'. He delineated how biopsy can be used to diagnose diseases such as leukemias and lymphomas.

The lecture was held on 2nd July 2019 as a part of the Aligs' Academic Enrichment Programme (AAEP).

Dr. Kamran explained all bone marrow sampling techniques and presented case studies in the interactive session. He received a certificate of appreciation from Prof. Nazoora Khan and Prof Veena Maheshwari.

Prof. Syed Ziaur Rahman (Coordinator, AAEP) introduced the speaker, while Prof. Kiran Alam (Chairperson, Department of Pathology) and Prof. Mahboob Hasan delivered the welcome address.

Prof. Rakesh Bhargava (Officiating Dean, Faculty of Medicine), Prof. Mohammed Naim, Prof. Rana Sherwani, Prof. Syed Shamshad Ahmad, Prof. Nishat Afroz, Dr.

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Hina A Ansari, Dr. Murad Ahmed, Dr. Mohd Fawad Farooq Khan, Dr. Suhailur Rehman, Dr. Mohd Rafey and Dr. Mohd Talha attended the lecture. Prof. S. H. Arif proposed the vote of thanks. Dr. Bushra Siddiqui conducted the programme.

**Subscribing Member of Ibn Sina Academy**

The Ibn Sina Academy is proposing herewith a category of 'Subscribing Members' of the Academy for those persons who take active part in the Academy's activities, have visited the Academy and appreciated its idea of establishment, witnessed the collections in the library and museum and its long term plans and all others who have come to know of Ibn Sina Academy through its website, brochure, other members and well-wishers - 'Subscribing Members' of the Academy, who are willing to contribute a minimum of Rs. 1000/- per month or a higher amount - payable annually or a lump sum for several years, that would be acknowledged gratefully by the Academy. This amount will be used to meet the recurring maintenance cost of staff salary, electricity and lift charges and other day to day expenses. The maintenance charges include cost for publications, organising group discussions, observing several annual functions, invited lectures by persons of eminence and several other miscellaneous expenses, which are now close to Rs. 7 lakh per year. The Academy will prefer to receive crossed cheques from the 'Subscribing Members'. The amount of the cheque should be in favour of "Ibn Sina Academy", (saving A/C No 511750963; Indian Bank, Marris Road, Aligarh; IFSC Code: IDIB000A044; MICR Code: 202019006). The same data can be used for e-payment by 'Subscribing Members' specially from outstation and foreign countries. The amount will be duly receipted under 80G of the Income Tax Act of the Government of India. Note the PAN Card No of Ibn Sina Academy namely, AAATI4643P.

**ARTICLES**

**The Effectiveness of Ibn Sina's Medicine even in the Modern World!**

By Dr Mohammad Adam (Traditional Medicine Practitioner, FrankfurtGermany)

There was once a time when big physicians and philosophers such as Empedocles, Hippocrates, Galen, Ibn Sina, Al-Zahrawy, Ibn Nafis, Al-Razi and many others built up an amazing, resilient body.

A strong, smart and beautiful body with a *Mu'tadil Mizaj*, which relieved mankind of many diseases and difficulties. With both respect and submission the scholars worked together on this fascinating art and brought it to life, sharing their knowledge with others through books and other teaching methods according to their time.

Unfortunately it would seem that their passion and insight were not continued by their successors and what followed was a time when the body became sick and weak, in other words, no longer capable of transcending boundaries nor able to communicate well and certainly no longer able to aide people like it once did. In fact it was to become so weak that people no longer remembered it and treated it with neglect.

The Arabs should be especially very guilty of this neglect, since although they possessed the language of the *Canon of Medicine* by Ibn Sina, yet knew nothing of its content and the Europeans were left devoid of even recalling its name or its magnificent shape anymore. So the sickness continued to spread until the body then lay depleted on its bed in need of emergency treatment.

However, rising out of the expiring members were Luminaries and Scholars from across the globe in India, Pakistan, Uzbekistan, Iran, China, South Africa,

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England and many other places trying valiantly to revive the body, and friends from the west like doctors and herbalists are now stretching forth their hands to offer of assistance. Many people wanted to help this weak body to recover from its disease.

In 2011 we made a compound remedy – *Dawâ'i Murakkab* – with the intention of entering this body, to strengthen its heart and bring it to life once more. My friend and I travelled to several countries to dive of deeper into this body and, with both a mission and a vision, we entered its mouth and reached the stomach where we encountered a lot of blockages. These *Sudad* stopped us from going any deeper and we found that we couldn't pass through, for the knowledge about this body is preserved in old vacuoles in different parts of the body. The theoretical part – means the *nazari* – is totally different from the practical *'amali* part. In seeking this knowledge we travelled further afield and searched for Hakims who held the keys to access this sick body. The more people would work together, the better and faster the body could recover.

Our aim is to reach to the heart, to nourish it and give back its *Harâra Gharidhiya*. We wanted to be a *Muqawwi'-i Qalb* remedy but the road was long and the journey difficult. With great effort we managed to arrive at the intestines but unfortunately there we found an accumulation of *Akhlât*, so again we couldn't pass through. This *Imtilaa* of incorrect knowledge had led us along different paths than the original *nuskha* i.e. recipe, so we sought out other Hakims with knowledge of the correct path who helped us to penetrate further.

Now through this arduous journey we arrived at the *Masrika*, which has a weak *Quwwa'-i Jadhbiyya*. Here we stand but our hope is to continue on, gaining access to the liver and finally to be mixed with the blood in reaching our goal of warming up

the heart of any patient. So the *Sudad* (Blockages) should be opened and a good amount of remedies has to enter this body to nourish it.

It is really difficult gaining access to this amazing knowledge and the medicine of Ibn Sina. Especially the practice of this medicine is in many times mixed with wrong and different ideas, which is logically not matching with the principles of the Unani medicine. Many friends and colleagues over the years have attempted to gain access to the origins of this knowledge, but unfortunately on many occasions we have found it to be either non-authentic or almost impossible to acquire. Although time is passing and we are getting older and weaker this has not hindered our motivation for seeking the correct knowledge. We do not wish to give up.

In the 21st century, with the advent of Google, Facebook, Instagram, Webinars and online teaching, rarely do we find a decent structured course or teaching facility, especially in English language. The big institutions are not utilizing the tools available to them and thus the knowledge is not being disseminated properly. In Germany we have several schools for Traditional Chinese Medicine and Ayurveda for example. Structured live classes and online learning platforms are available and everyone can choose which school to follow. Applications for the Smartphone remind people on a daily basis what they need to do. They are getting better and better, because everyone is competing with the other, the knowledge and research is increasing, because it is open and accessible for everyone.

So in light of this, and in order to revive the medicine of Ibn Sina, we believe it is essential that we change both our ways of thinking and teaching.

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The old family system is of course a very good way to protect and preserve knowledge and this should be continued, but at the same time this knowledge should not be kept in secrecy. The prophet said

ذامن به لجام القيامة يوم الله اجمه علما ك تم من

“whoever conceals knowledge, Allah will bridle him with reins of fire on the day of Resurrection.” *Sunan Al-Tirmizi* .

Socrates said that he wanted to be the mosquito which was waking the people in Athena up and a Arabic scholars said:

قال من ال فتال كن و الي كان قال من ال فتال يس  
ذاناها

“A man is not someone who says “My father was...” The real Man is who says “Here I am!”

So let us stop talking theoretically too much about Ibn Sina and let us transfer the practical knowledge to the seekers of knowledge. Let’s practice Ibn Sina’s medicine. In the end I am asking you to give the people access and to use Mufarridât remedies on this unique and profound knowledge and to let more and more heart-warming remedies work on our weak bodies. Once we have reached the heart it will be easy to bring it back to health again and to prevent mankind from suffering the terrible diseases and treatments.

***Evaluation of the Effectiveness of Sinnarisin in the Treatment of Glaucoma Optic Neuropathy***

By M.S. Kasimova and I. R. Madirimov, Tashkent Institute for Post-Graduate Medical Education.

One of the most important problems of modern ophthalmology is primary open-angle glaucoma (POAG). Relevance of the comprehensive study of this pathology is due to the severe outcome of the

disease, bilateral nature of the lesion, the need for constant monitoring of the patient's treatment regimen, prolonged and complex rehabilitation.

As it is known, normalization of intraocular pressure (NIP) is a necessary but not a guarantee of stabilization of glaucoma process.

Unfortunately, even against the background of normotony we are often forced to state the progression of glaucoma optic neuropathy, especially in cases of last stages of glaucoma. Therefore, along with hypotensive therapy, drugs with neuroprotective activity should be prescribed. This makes it urgent to search for new effective drugs that reduce or completely prevent the deterioration of visual functions in glaucoma.

The objective of the study is to see the efficacy of tsinnarizin in the treatment of glaucoma optic neuropathy.

48 patients (88 eyes) with developed and far-reaching stages of non-stabilized POAG in whom intraocular pressure was normalized by means of mono- or combined therapy with hypotensive agents were under observation (Travatan 0.004%, Timolol 0.5%). The average age of the patients was  $76.6 \pm 4.3$  years. In all patients before the beginning of the present treatment there was a progression of the disease, which was manifested by the increase of defects of the fields of vision. *Sinnarisin* preparation by 1 tablet was administered to patients 3 times a day (daily dose 75 mg) for 3 months. Repeated examinations were carried out at the end of each month of the drug administration, immediately after the course of treatment, then after 6 and 12 months. Average value of Intra-Ocular Pressure (IOP) level was  $21.3 \pm 1.6$  mmHg during the whole period of study. Statistically significant increase of visual acuity, and also changes of hydrodynamic

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parameters on a background of treatment by preparation tsinnarizin were not registered. The improvement of the state of the fields of vision, manifested by the decrease of the number of absolute cattle, the increase of the number of normal points and, accordingly, the MD index significantly increased after the treatment and remained stable for 6 months in 34 patients (70.8%,  $p < 0.05$ ). In 6 patients (12.5%) the field of vision remained unchanged, in 8 (16.5%) there was a worsening of the indices in comparison with the initial data. Thus, after the use of cinnarisin in 83.3% of patients the state of the visual fields improved or remained at the same level. By the end of the 1st month of administration of the preparation the state of the fields of vision practically did not change. During its further use, there was a significant improvement in the state of the fields of vision, which reached its maximum by the end of the 3rd month of treatment.

Dynamics of indicators of the state of the fields of vision of POHG patients in the longer term is of great interest. The results of the conducted research indicate that after 6 months the condition of the visual fields deteriorates in comparison with the results achieved immediately after the completion of the 3-month course of treatment with the drug, but it turns out to be better than before the start of treatment. After one year, the perimetry index returns to the initial data.

The analysis of spectral optical coherence tomography data clearly demonstrates that the parameters of the optic disc state and thickness of nerve fibers during 12 months in 81.0% of patients remain unchanged. In 19.0% of the patients, despite the treatment, there is a slight decrease in the thickness of the nerve fibers layer, usually in the lower nasal quadrant. The obtained data on the effectiveness assessment of the zinc-narysine drug shows that the 3-month course of treatment of patients is

accompanied by a positive effect, which, in our opinion, is due to the effect of the drug. Due to its pharmacological effects, *Sinnarisin* affects certain stages of ischemic cascade of reactions - ischemia, hypoxia; it blocks oxidative processes and finally, apoptosis of ganglion cells.

Thus, the results of the study indicate stabilization of the glaucoma process after the completion of treatment with cinnarisin in patients with non-stabilized POAH with normalized IOP, for at least 6-12 months on administration within 3 months. This makes it necessary to repeat the treatment after 6-2 months.

**The Nobel Prize in Physiology or Medicine 2019**

The Nobel Prize in Physiology or Medicine 2019 was awarded jointly to William G. Kaelin Jr, Sir Peter J. Ratcliffe and Gregg L. Semenza "for their discoveries of how cells sense and adapt to oxygen availability."

Animals need oxygen for the conversion of food into useful energy. The fundamental importance of oxygen has been understood for centuries, but how cells adapt to changes in levels of oxygen has long been unknown. William G. Kaelin Jr., Sir Peter J. Ratcliffe and Gregg L. Semenza discovered how cells can sense and adapt to changing oxygen availability. They identified molecular machinery that regulates the activity of genes in response to varying levels of oxygen.

The seminal discoveries by this year's Nobel Laureates revealed the mechanism for one of life's most essential adaptive processes. They established the basis for our understanding of how oxygen levels affect cellular metabolism and physiological function. Their discoveries have also paved the way for promising new strategies to fight anemia, cancer and many other diseases.

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**Editor, NISA**

Ibn Sina Academy of Medieval Medicine & Sciences,  
Tijara House, Dodhpur, Aligarh-202002, U.P. India  
E-Mail: [ibnsinaacademy@gmail.com](mailto:ibnsinaacademy@gmail.com)  
Website: [www.ibnsinaacademy.org](http://www.ibnsinaacademy.org)

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**OWNER, PRINTER & PUBLISHER**

Professor Hakim Syed Zillur Rahman  
Publication Division, IAMMS  
Tijara House, Dodhpur, Aligarh-202001, U.P. India  
Mobile No. 09358259740  
E-Mail: [rahmansz@yahoo.com](mailto:rahmansz@yahoo.com)

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