

National Research Institute of Unani Medicine for Skin Disorders, Hyderabad

Under Central Council for Research in Unani Medicine

Ministry of Ayush, Government of India

SCIENTIST PROFILE



Name: Dr. Aaisha Ansari

Designation: Research Officer (Unani)

Department/Division: General Outpatient Department (GOPD)

Official Email: aaisha95ccrum@ccrum.res.in

ORCID: 0009-0005-2886-4219

Google Scholar:

<https://scholar.google.com/citations?user=fXAmTkwAAAAJ&hl=en>

1. Professional Profile / About the Scientist

Dr. Aaisha Ansari is a **Research Officer (Unani), Scientist Level-I**, at the National Research Institute of Unani Medicine for Skin Disorders (NRIUMSD), Hyderabad, under the Central Council for Research in Unani Medicine (CCRUM), Ministry of Ayush, Government of India. She is actively engaged in clinical practice, clinical research, patient care, and the scientific evaluation of Unani medicine, with a focus on generating high-quality clinical evidence and strengthening the evidence base of Unani therapeutic interventions.

She completed her *Bachelor of Unani Medicine and Surgery (BUMS)* from *Aligarh Muslim University, Aligarh*, followed by *MD (Unani)* in *Ilmul Advia (Unani Pharmacology)* from *NRIUMSD, Hyderabad*. She also holds a *Post Graduate Diploma in Guidance and Counselling* from *Aligarh Muslim University, Centre for Distance and Online Education*.

Her primary academic and research interests encompass clinical research, randomized clinical trials, clinical validation of Unani interventions, therapeutic evaluation, and evidence-based Unani medicine. Her areas of particular interest include women's health, gynaecological and reproductive disorders, psychological and psychosomatic health, skin disorders, gastrointestinal disorders, musculoskeletal disorders, and chronic and lifestyle-related conditions. She is particularly interested in the scientific evaluation of Unani approaches to women's health and reproductive wellbeing and in the application of appropriate clinical assessment tools, outcome measures, and research methodologies to generate reliable and clinically meaningful evidence.

Her research work focuses on the development and implementation of clinical research protocols, randomized clinical trials, and clinical validation studies of Unani pharmacopoeial formulations, including Investigator-initiated Research (IMR) projects. She is actively involved in the design and development of research protocols, evaluation of safety and therapeutic outcomes, and systematic generation of robust clinical evidence through scientifically sound research methodologies. She is engaged in translating the principles and therapeutic approaches of Unani medicine into structured clinical research, with emphasis on rigorous clinical assessment, appropriate outcome measures, methodological quality, and evidence-based evaluation of therapeutic interventions.

In addition to her research responsibilities, Dr. Aaisha Ansari is actively involved in clinical services, patient assessment, study coordination, data collection, scientific documentation, research reporting, and institutional activities. She contributes to the development of evidence-based approaches for the evaluation and integration of Unani medicine within contemporary healthcare. She is actively involved in institutional development and quality initiatives at NRIUMSD, including the 'Ilāj bi'l-Tadbīr (IBT) Establishment Committee and the NABH Steering Committee.

Dr. Aaisha Ansari is *interested in multidisciplinary and collaborative research initiatives* and is open to undertaking collaborative clinical and translational research projects with academic institutions, research organizations, medical colleges, and other scientific institutions across India. Through such collaborations, she aims to contribute to the generation of high-quality evidence, strengthening of research networks, and wider scientific advancement of Unani medicine.

Her overall professional objective is to contribute to the scientific advancement, clinical validation, and evidence-based integration of Unani medicine, particularly through rigorous clinical research, collaborative research initiatives, and patient-centred approaches to healthcare.

2. Educational Qualifications

Degree/Qualification	Specialization	University/Institution	Year
Bachelor of Unani Medicine and Surgery (BUMS)	Unani Medicine	Ajmal Khan Tibbiya College, Aligarh Muslim University, Aligarh	2013
MD (Unani)	Ilmul Advia (Pharmacology)	National Research Institute of Unani Medicine for Skin Disorders, Kalogi Narayana Rao University of Health Sciences, Hyderabad	2021
Post Graduate Diploma in Guidance and Counselling	Guidance and Counselling (Psychology)	Aligarh Muslim University, Centre for Distance and Online Education	2023

3. Areas of Specialization

- Unani Medicine and Clinical Practice
- Clinical Research and Randomized Clinical Trials
- Clinical Validation and Therapeutic Evaluation
- Evidence-Based Unani Medicine
- Women's Health
- Gynaecological and Reproductive Health
- Psychological and Psychosomatic Health
- Unani Regimenal Therapy ('Ilāj bi'l-Tadbīr)
- Clinical Assessment and Research Methodology
- Chronic and Lifestyle-Related Disorders
- Patient-Centred and Integrative Healthcare

4. Research Interests

- Clinical and Translational Research
- Randomized Clinical Trials
- Multidisciplinary and Collaborative research
- Clinical Validation of Unani Interventions
- Therapeutic Evaluation of Unani Pharmacopoeial Formulations
- Evidence-Based Unani Medicine

- Women's Health and Reproductive Health
- Gynaecological and Reproductive Disorders
- Psychological and Psychosomatic Disorders
- Skin Disorders
- Gastrointestinal Disorders
- Musculoskeletal Disorders
- Chronic and Lifestyle-Related Disorders
- Unani Regimenal Therapy ('Ilāj bi'l-Tadbīr)
- Clinical Assessment Tools and Outcome Measures
- Research Methodology

5. Research Projects

Project Title	Role (PI/Co-PI/Investigator)	Funding Agency	Duration	Status
Clinical Validation of Unani Pharmacopeal formulation Arq-i-Chiraita in Buthur-i-Jild (Skin Eruptions)	Principal-Investigator	CCRUM, Ministry of Ayush, Government of India	2 Years	Ongoing
A Randomized, Parallel-Group, Open-Label, Active-Controlled Pilot Clinical Study to Evaluate the Safety and Efficacy of Ma'jūn Zanjabīl Compared with Metformin in Alleviating Menstrual Irregularities in Women with Polycystic Ovary Syndrome (PCOS)	Principal-Investigator	CCRUM, Ministry of Ayush, Government of India	18 Months	Approved/To be initiated
Clinical Validation of Unani Pharmacopoeial Formulation Qurs-e-Tabasheer Mulaiyin in Khushunat-e-Halaq (Irritation of Throat)"	Co-Investigator	CCRUM	2 Years	Ongoing
Standardization and Development of SOPs of the Unani Compound Formulation Itrifal Hakeem Ali	Researcher (Postgraduate Work)	CCRUM, Ministry of Ayush, Government of India	3 Year	Completed

6. Major Scientific Contributions / Achievements

- Research Protocol Development: Experienced in the development and preparation of research protocols for clinical validation studies, Investigator-initiated Research (IMR) projects, and randomized controlled trials (RCTs), with emphasis on sound methodology, appropriate outcome measures, and clinically relevant research objectives.
- Clinical Research and Validation: Actively engaged in clinical validation and evidence-based evaluation of Unani interventions, including Unani pharmacopoeial formulations, with a focus on safety, therapeutic outcomes, and generation of reliable clinical evidence.

- Principal Investigator and Co-Investigator: Serving as Principal Investigator and Co-Investigator in clinical research projects involving Unani interventions, including studies in skin disorders, women's health, reproductive health, and other clinical conditions.
- Clinical Research Methodology: Contributing to study design, clinical assessment, patient care, data collection, study coordination, scientific documentation, statistical planning, and research reporting.
- Scientific Evaluation of Research Projects: Served as an Expert for the scientific evaluation and review of research projects under the SPUR Programme, contributing to assessment of research projects based on scientific methodologies adopted, relevance, and research outcomes.
- Clinical Assessment and Outcome Measures: Contributing to the application of structured clinical assessment tools and appropriate outcome measures for the systematic evaluation of Unani therapeutic interventions.
- 'Ilāj bi'l-Tadbīr (Regimenal Therapy): Actively involved in the 'Ilāj bi'l-Tadbīr Establishment Committee at NRIUMSD, contributing to the development and establishment of the Regimenal Therapy Unit.
- Healthcare Quality and Institutional Development: Serving as a member of the NABH Steering Committee, contributing to institutional quality improvement, healthcare quality systems, and patient-centred service development.
- Dose Rationalization: Serving as an Internal Member of Working Group-3 for NFUM Dose Rationalization, CCRUM, contributing to scientific and rational approaches to Dosage in Unani therapeutic interventions.

7. Publications & Scholarly Contributions

Category	Number / Details
Research Publications	05
Conference Presentations	Poster Presentation - Pharmacovigilance: Presented a scientific poster at a CME/academic programme on Pharmacovigilance at <i>Aligarh Muslim University (AMU)</i> and received <i>First Prize</i> .

Selected Publications (5–10):

1. **Ansari A**, Naikodi MAR, Viqar U, Siddiqui JI, Kazmi MH. Development of standard operating procedures, phytochemical screening with HPTLC fingerprint of a polyherbal formulation. *Annals of Phytomedicine*. 2020;9(2):142–154.
2. **Ansari A**, et al. Aftimoon (*Cuscuta reflexa* Roxb.): A parasitic plant with therapeutic potentials. *Acta Scientific Pharmaceutical Sciences*. 2020;4(11):90–97.
3. Viqar U, Ahmad T, Firdaus N, **Ansari A**, Kazmi MH. Compound Unani formulation used in Zeeq-un-Nafas (bronchial asthma) with their therapeutic importance: An overview. *International Journal of Unani and Integrative Medicine*. 2021;5:1–10.
4. Naikodi MAR, **Ansari A**. Role of underground stems as immunomodulators and may assist in the management and treatment of COVID-19. *Annals of Phytomedicine*. 2021;10(S1):S239.
5. **Ansari A**, Amir, Ahmad M I, Maula S, Hasan MN. *Aqarqarha* (*Anacyclus pyrethrum* (L.) Lag.): A Comprehensive Review of Therapeutic Potential and Phytopharmacology. *International Journal of Unani and Integrative Medicine*. 2026. DOI: 10.33545/2616454X.2026.v10.i4a.453.