

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. Abdurrahman

Designation: Research Officer (Unani)

Department/Division: GOPD

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<https://www.researchgate.net/profile/>

1. Professional Profile / About the Scientist

Dr. Abdurrahman is a Research Officer (Unani) at the National Research Institute of Unani Medicine for Skin Disorders (NRIUMSD), Hyderabad, under CCRUM, Ministry of Ayush, Government of India. His research interests encompass clinical research, clinical validation of Unani pharmacopoeial formulations, and evidence-based evaluation of Unani therapeutics.

His professional work includes clinical protocol development, therapeutic outcome assessment, formulation of Standard Treatment Guidelines and Unani dietary guidelines, and clinical research documentation. He is actively engaged in patient care, OPD/IPD services, research coordination, and the development of 'Ilāj bi'l-Tadbīr (Regimenal Therapy) services. Through these activities, he contributes to strengthening the clinical evidence base of Unani medicine and advancing its integration with contemporary research and healthcare practices.

2. Educational Qualifications

Degree/Qualification	Specialization	University/Institution	Year
Bachelor of Unani Medicine and Surgery (BUMS)	Unani	Ajmal Khan Tibbiya College, Aligarh Muslim University (AMU), Aligarh	2016
Doctor of Medicine (MD)	<i>Ilmul Advia</i> (Unani Pharmacology)	Ajmal Khan Tibbiya College, Aligarh Muslim University (AMU), Aligarh	2020

3. Areas of Specialization

- Clinical and pre-clinical Research

- Clinical Research and Therapeutic Validation
- Fundamental Research
- Literary Research in Unani Medicine
- Evidence-Based Unani Medicine
- Unani Regimenal Therapy (*'Ilāj bi'l-Tadbīr*)

4. Research Interests

- Musculoskeletal Disorders
- Lifestyle-Related Disorders
- Gastrointestinal Disorders
- Skin / Dermatological Disorders
- Chronic Diseases
- Metabolic Disorders
- Evidence-Based Unani Medicine
- Regimenal Therapy (*'Ilāj bi'l-Tadbīr*)

5. Research Projects

S. NO	Project Title	Role (PI/Co-PI/Investigator)	Funding Agency	Duration	Status
1	Clinical Validation Study of Unani Pharmacopoeial Formulation <i>Habb-e-Kibreet</i> in <i>Su-e-Hazm</i> (Functional Dyspepsia) (PI)	PI	CCRUM	2 Years	To be initiated
2	An open Label clinical study to validate the effect of <i>Habb-e-Aab-e-Gandana</i> in <i>Bawaseer Amya</i> (Non-Bleeding piles) (Co-PI)	Co-PI	CCRUM	2 Years	In progress
3	Clinical Validation of a Unani Pharmacopoeial formulation <i>Arq Chiraita</i> In <i>Buthr-i-Jild</i> (Skin Eruptions) (Co-PI)	Co-PI	CCRUM	2 Years	In progress
4	Analysis of Leptin Gene in Pathogenesis of Diabetes with relation to Clinical Phenotyping concept of Unani Philosophy (Clinical Investigator)	Clinical Investigator	CCRUM	2 Years	In progress
5	Exploring the Role of Mitochondrial Homeostasis in the Pathogenesis of Rheumatoid Arthritis: A Molecular Approach in the	Clinical Investigator	CCRUM	2 Years	In progress

	concept of Unani Philosophy (Clinical Investigator)				
6	Clinical Validation of Unani Pharmacopoeial Formulation <i>Majoon Najah</i> in <i>Mālanikhūliya</i> (Mixed Anxiety Depressive Disorder) (Co-PI)	Co-PI	CCRUM	2 Years	In progress
7	Clinical Validation Study to Evaluate the Safety and Efficacy of Unani Pharmacopoeial Formulation <i>Habb-e-Filfil</i> in <i>Zeeq-un-Nafas</i> (Bronchial Asthmsa) (Co-PI)	Co-PI	CCRUM	2 Years	In progress
8	A Randomized, Parallel Group, Open Label, Active Controlled Clinical Study to Compare the Efficacy of <i>Qurs-e-Asfar</i> (O), and <i>Marham-e-Dad</i> (L) with Itraconazole (O), and Terbinafine (L) in the Management of <i>Quba</i> (Dermatophytosis) along with Gene expression and Biomarker Analysis” (Clinical Investigator)	Clinical Investigator	CCRUM	3 Years	In progress
9	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)	Co-PI	CCRUM,	2026–Present	To be initiated

6. Major Scientific Contributions / Achievements

- Prepared and submitted clinical validation protocols for Unani interventions for review and approval.
- Prepared and submitted Unani Dietary Guidelines for *Amrāḍ-i-Nizām-i-A ‘ṣāb* (Diseases of the Nervous System) and *Hummā* (Fever).
- Completed the Pilot Observational Study on the *Mizaj* Assessment Tool.
- Served as a Member of the Working Group for collaborative research between CCRUM, New Delhi, and NIN, Hyderabad.
- Prepared and submitted Standard Treatment Guidelines (STGs) for Post-Angina and Post-Myocardial Infarction (Post-MI) care.
- Prepared and submitted Standard Treatment Guidelines (STGs) for Hyperthyroidism.

7. Publications & Scholarly Contributions

Category	Number / Details
Research Publications	05
Book Chapters	--
Books/Monographs	--
Patents / Technology / Products	--
Conference Presentations	--

Selected Publications (5–10):

- 1) Abdurrahman, S Zakir, G Ahmad, M Anwar, S Rehman. *Swertia chirata: A comprehensive review of its abundant medicinal properties*. IJUIM 5 (2), 157-160
- 2) SZ Abdurrahman, Ghufraan Ahmad, Mohd. Anwar, Jamal Azmat. *Evaluation of Efficacy of Mundij and Mushil Therapy in the Management of Rheumatoid Arthritis*. IJPSR 15 (2; Feb), 489-500
- 3) Abdurrahman, Samar Zakir and Mohd Anwar. *Ethno medicinal, phytochemical and therapeutic importance of Bambusa arundinaceae: A review*. Int J Unani Integ Med 2021;5(2):161-164. DOI: 10.33545/2616454X.2021.v5.i2c.185
- 4) Z Rahman, N Shaikh, OA Abdurrahman, J Akhtar, NZ Ahmad. *Natural Agents Used for the Management of Obesity in the Traditional Unani System of Medicine: A Comprehensive Review*. Acta Scientific MEDICAL SCIENCES (ISSN: 2582-0931) 9
- 5) V Mohd Anis Ansari, Sayed Tauleha Tabassum Tayyeb Bukhari and Abdurrahman. *Phytopharmacological review of Khubbāzī (Malva sylvestris L.): An important drug in Unani medicine*. DOI:<https://www.doi.org/10.33545/2616454X.2026.v10.i3a.442>

8. Awards, Honours & Recognitions

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9. Professional Memberships / Fellowships

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