

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. Manumula Rajaram
Designation: Research Officer Unani & Scientist - 1
Department/Division: Mobile Clinical Research Unit
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1. Professional Profile / About the Scientist

Dr. M. Rajaram is working as Research Officer Unani and presently presiding as the Incharge of the Mobile Clinical Research Unit of National Research Institute of Unani Medicine for Skin Disorders, Hyderabad. Completed BUMS from NTR University of Health Sciences, Vijayawada, Andhra Pradesh. Did completed his MD from National Institute of Unani Medicine, Bangalore. Previously, having an experience of 9 years as Govt. Medical Officer, in the State of Andhra Pradesh. In 2022, joined CCRUM in the post of Research Officer Unani. Having clinical experience of 12 years and has several National and International publications. Also delivered many lectures in various Workshops, CMEs, Seminars, etc. Research areas of interests are; Musculoskeletal disorders, Ilaj Bit Tadbeer, Dermatology, Mental Health and Clinical trials. Currently serving as **Deputy Medical Superintendent** at NRIUMSD, Hyderabad, with institutional responsibilities as In-charge of the Mobile Clinical Research Unit (MCRU), School Health Programme and SCSP Programme, IEC Officer, **and** Member of various institutional committees, contributing to clinical administration, research, community outreach, public health programmes, health awareness activities and overall institutional development. Awarded International Best Researcher Award by ISSN International Science & Technology Awards and Congress 2024.

2. Educational Qualifications

Degree/Qualification	Specialization	University/Institution	Year
B.U.M.S	Unani Medicine	NTRUHS, Vijayawada	2011
M.D. Unani	Ilmul Advia / Pharmacology	RGUHS, Bangalore	2015

3. Areas of Specialization

- Mental Health
- Pre-Clinical trials
- Clinical trials
- Unani Pharmacology
- Public Health

4. Research Interests

- Musculoskeletal disorders
- Dermatology
- Clinical trials
- Evidence Medicine Research
- Public Health

5. Research Projects

Project Title	Role (PI/Co-PI/Investigator)	Funding Agency	Duration	Status
As a Co-PI in project - <i>An Open label clinical trial to validate the effect of Unani Pharmacopoeial formulation Habb-e-Aab-e-Gandana and Marham Bawaseer in Bawaseer Amya (Non-Bleeding Piles)</i>	Co-PI	CCRUM	2 years	Ongoing
As a Co-PI in project– <i>“A Randomized parallel group open label, standard controlled clinical study to compare the efficacy and safety of Unani pharmacopoeial formulation Qurs Mufasil in osteoarthritis”</i>	Co-PI	CCRUM	2 years	Completed
A randomized, parallel group, comparative clinical trial to evaluate the effects of <i>Dalk</i> with <i>Hijamah bil Shart</i> (Wet Cupping Therapy) in the management of <i>Waja’ al-Khāṣira</i> (Non-specific Low Back Pain - NUMC: L-2)	Co-PI	CCRUM	2 years	Yet to be started

6. Major Scientific Contributions / Achievements

1. Intra-Mural projects
2. Clinical Validation of Unani Medicine
3. Public health
4. Mental Health

7. Publications & Scholarly Contributions

Category	Number / Details
Research Publications	15
Book Chapters	--
Books/Monographs	--
Patents / Technology / Products	--
Conference Presentations	01

Selected Publications (5–10):

1. Socioeconomic, Demographic, Housing, Wash, and Health-Service Profile Of Scheduled Caste Sub-Plan (Scsp) Beneficiary Families In Hyderabad, India - 2024-25
2. Anti-Anxiety activity of Kaahu (*Lactuca sativa* Linn.) and Nilofer (*Nymphaea Alba* Linn.) in animal model.
3. Medicinal effects of Kaahu (*Lactuca sativa* Linn.) described in Unani Medicine - A Review
4. Traditional Use of a single Unani drug, Nilofer (*Nymphaea Alba* Linn.) - A Review
5. Rheumatoid Arthritis (Waja-ul-Mafasil) - It's Concept & Understanding In Unani Medicine - a Review
6. Zeequn Nafs (Bronchial Asthma): Non Communicable Disease-A Systematic Review Analysis
7. A prospective, open label, single-arm clinical study to evaluate the efficacy and safety of a Unani Pharmacopoeial formulation Dawa-e-Gurda in the management of Hasa-al-Kulya

8. Prevention of Lifestyle Diseases through Asbab-e-Sitta Zarooriyah (Six Essential Factors) Of Unani Medicine: A Review
9. Comprehensive description of massage and its applications in Unani medicine: an updated review
10. Concept of Low Back Pain (Waja-uz-Zahr) in Unani System of Medicine
11. Management of Anxiety in Unani Medicine - A Review
12. Therapeutic Importance of Darminah (*Artemisia maritima* Linn.) in the Perspective of Unani Medicine: A Review

8. Awards, Honours & Recognitions

International Best Researcher Award - ISSN International Science & Technology Awards and Congress 2024

9. Professional Memberships / Fellowships

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