



CONTENTS

<i>Foreword</i>	<i>iii</i>
<i>Preface</i>	<i>v</i>
<i>Acknowledgement</i>	<i>ix</i>
<i>Contents</i>	<i>xi</i>
<i>List of Figures</i>	<i>xiii</i>
<i>Abbreviations</i>	<i>xvii</i>
<i>Transliteration Table</i>	<i>xix</i>
Executive Summary	xxi
1. Introduction	1
1.1 Historical Evolution of Unani System of Medicine	2
1.2 Unani System of Medicine in India	5
1.2.1 Progress of Unani System of Medicine in India	5
1.2.2 Infrastructure and Network of Unani System of Medicine in India	10
1.3 Major Milestones	11
1.4 Strengths of Unani System of Medicine	14
1.5 Global Scenario	15
1.6 Initiatives of Indian Government in Globalizing Unani System of Medicine	16
1.7 Organization of the Document	18
2. Fundamentals of Unani System of Medicine	20
2.1 Development of Concepts	21
2.2 Basic Principles	22
2.3 Classical Unani Research Methodology	26
2.4 Disease Process	28
2.5 Principles of Diagnosis and Treatment	29
3. Preventive and Promotive Healthcare	33
3.1 Holistic Approach to Health and Disease	34
3.2 Six Essential Factors	34
3.3 Lifestyle Management	37
4. Therapeutic Approaches	39
4.1 Regimenal Therapy	39
4.2 Dietotherapy	45
4.3 Pharmacotherapy	45
4.4 Surgery	45
5. Drugs	47
5.1 Principles of Drug Action	48



5.1.1	Temperament of Drugs	48
5.1.2	Categories of Drugs	48
5.2	Pharmaceutics	49
5.3	Specific Processing of Drugs	50
5.4	Standardization and Quality Control	52
5.5	Drug Regulation and Licensing	55
5.6	Essential Drugs List	57
5.7	Commonly Used Medicinal Plants in Unani System of Medicine	58
5.8	National Medicinal Plants Board	69
5.9	Quality Assessment of Medicinal Plants	70
5.10	Pharmaco-vigilance	72
6.	Research and Development	74
6.1	Central Council for Research in Unani Medicine (CCRUM)	75
6.1.1	Achievements of CCRUM	77
6.1.2	Ongoing Research Activities of CCRUM	88
6.1.3	Premier Institutions of CCRUM	89
6.1.3.1	Central Research Institute of Unani Medicine, Hyderabad	89
6.1.3.2	Central Research Institute of Unani Medicine, Lucknow	93
6.1.3.3	Regional Research Institute of Unani Medicine, Srinagar	97
6.1.3.4	Regional Research Institute of Unani Medicine, Chennai	103
6.2	Extra Mural Research	106
6.3	AYUSH Research Portal	107
6.4	Good Clinical Practice	108
6.5	Important Research Papers	109
7.	Education and Practice	118
7.1	Education	118
7.2	Educational Institutions	119
7.3	National Institute of Unani Medicine	122
7.4	Important Libraries	126
7.5	Central Council of Indian Medicine	126
7.6	Centre of Excellence	127
7.7	Clinical Practice	127
	Further Reading	129
	• Books, Monographs	129
	• Important Journals	132
	• Important Websites	133
	<i>Glossary</i>	135