

Feasible studies for carrying out under CCRUM-SPUR scheme

1. Public Health

- Knowledge, Attitude and Perception/Practice (KAP) study for:
 - Different healthcare schemes of Govt. of India
 - Popularity and acceptability of Unani medicine in different communities
 - Unani treatment in chronic diseases
 - Supporting Unani treatment along with conventional treatment
 - Palatability of Unani dosage forms
 - Effectiveness of different modes of *Ilaj bi Tadbir* e.g. *Hijāma*, *Ta'liq al-'Alaq* etc.
 - Unani digital tools
 - New Curriculum of BUMS first and second professionals
 - Classical literature of Unani medicine
- Analysis of risk factors for lifestyle disorders
- Survey for co-relating different components of lifestyle e.g. food habits with individual's temperament and susceptibility to diseases
- Correlation between *Asbāb Sitta Darūriyya* and the prevalence of Non-Communicable Diseases e.g. Comparative survey of Air Quality Index (AQI) and prevalence of respiratory disease
- Health surveys among different group of populations with specific occupations like drivers, laborers etc.
- Community survey for incidence & prevalence of health challenges and diseases
- Assessment of immunization coverage of different population groups and analysis of disease incidence
- Outcome assessment in different disease after Unani treatment as per Clinical Global Improvement scale
- Assessment of Quality of Life (QoL) in different chronic diseases e.g. Diabetes Mellitus, hypertension, dyslipidemia, carcinoma etc.
- Association of particular food or drink with development of a particular disease e.g. cold drinks or curd with *Zukām-o-Nazla* or *Waram -i-Halq*
- Correlation between drug addiction/Gadget addiction and development of different diseases in OPD cases
- Study of mood disorders in IPD cases

2. Ilāj bi'l Tadbīr

- Studies for short term therapy with different modes of *Ilāj bi'l Tadbīr*
- Development of specific Standard Operating Procedures (SOPs) for different modes of *Ilāj bi'l Tadbīr*
 - SOPs for *Hijāma* in a specific disease
 - SOPs for *Ta'liq al-'Alaq* in a specific disease
 - SOPs for *Riyādat* in a specific disease
 - SOPs for *Dalk* in a specific disease
- Observation of adverse events of different modes of *Ilāj bi'l Tadbīr* e.g. *Hijāma*, *Ta'liq al-'Alaq* etc. in OPD/IPD cases
- Effects on bio-chemical parameters after therapy with *Ilāj bi'l Tadbīr* (e.g. blood components, hemoglobin, cholesterol, glucose, total protein, albumin, bilirubin, urea, creatinine, transaminases, , kinase, iron,)

3. Clinical Research

- Short term clinical studies (3-7 days) for efficacy of fast acting Unani drugs e.g. *Dharūr Qulā* in oral ulcers, *Qurs Mullayin* in *Qabd* , *Arq-i- Ajeeb* in Headache
- Recording adverse events of 3rd and 4th degree drugs e.g. dry mouth in cases taking *Habb-i Shifa*

4. Fundamental Research

- Illustration of *Mizāj* studies
- Assessment of *Sū'-i-Mizāj* in the resultant disease e.g. *Waja' al-Mafāṣil*
- Assessment of *Sū'-i-Mizāj* in different diseases and possible correlations with lab reports
- Development of questionnaire for assessment of *Sū'-i-Mizāj* in different diseases

5. Drug Standardization Research Program

- Physico-chemical study of Unani single drugs
- Standardization of weights and measurements mentioned in classical Unani texts (*Chāval*, *Dām*, *Māsha*, *Tolā*, *Rattī*, *Chatānk* etc.)
- Development of SOPs for Unani formulations
- SOPs for *Tadbīr e Adwiya* (process to make drug usable) of Unani single drugs.
- Studies on *Abdāl-i-Adwiya* (drug substitute(s))

6. Survey & Cultivation of Medicinal Plants

- Small survey of medicinal plants in the locality
- Development of herbarium sheet of Unani medicinal plants with documentation of related information
- Identification, survey and reporting of rare and endangered plant species
- Documentation and validation of folklore claims

7. Literary Research Program

- Survey of Unani manuscripts
- Identification and introduction of rare manuscript
- Translation of important *Risāla* (booklet) on Unani medicine into Hindi /English
- Critical review of Unani classical book/booklet
- Compilation of promising prescriptions from personal diaries of Unani physicians
- Compilation on *Amrāḍ-i-Ghayr Mudawwana*
- Review of Unani research articles in indexed journals on specific diseases/ topics

8. Miscellaneous

- Any other novel/innovative research work on Unani medicine