

# College of Medicine and Healing Arts



## Unani for Public Health

by M. Salim Khan



Unani Medicine Day 2019  
APPG – Indian Traditional Sciences  
Houses of Parliament, London, UK

In the name of Allah, the Most  
Compassionate, the Most Merciful.

All Praise is due to Allah, Lord of all the  
Worlds.

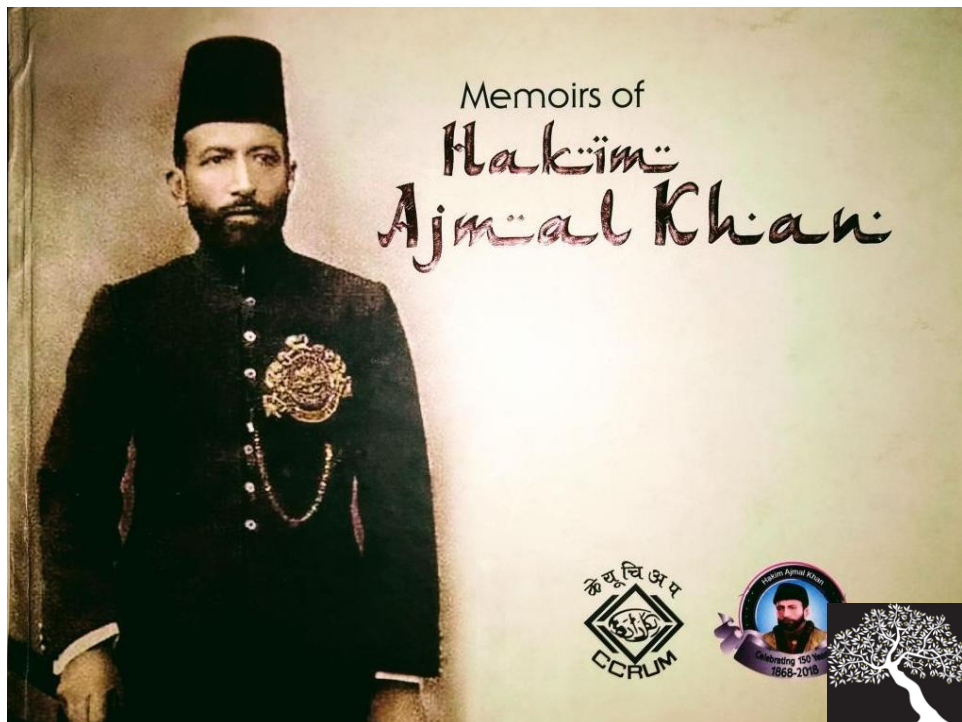
Peace and blessings upon Allah's  
Messenger, Muhammad.

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## Unani Medicine Day - Birth Anniversary of Hakim M Ajmal Khan



## Hakim Ajmal Khan

- Full Name **Mohammad Ajmal Khan**
- Born in Delhi on 17 Shawwal, 1284 AH  
(11 February 1868 CE)
- Died in Delhi on 4 Rajab 1346 AH  
(29 December 1927 CE)

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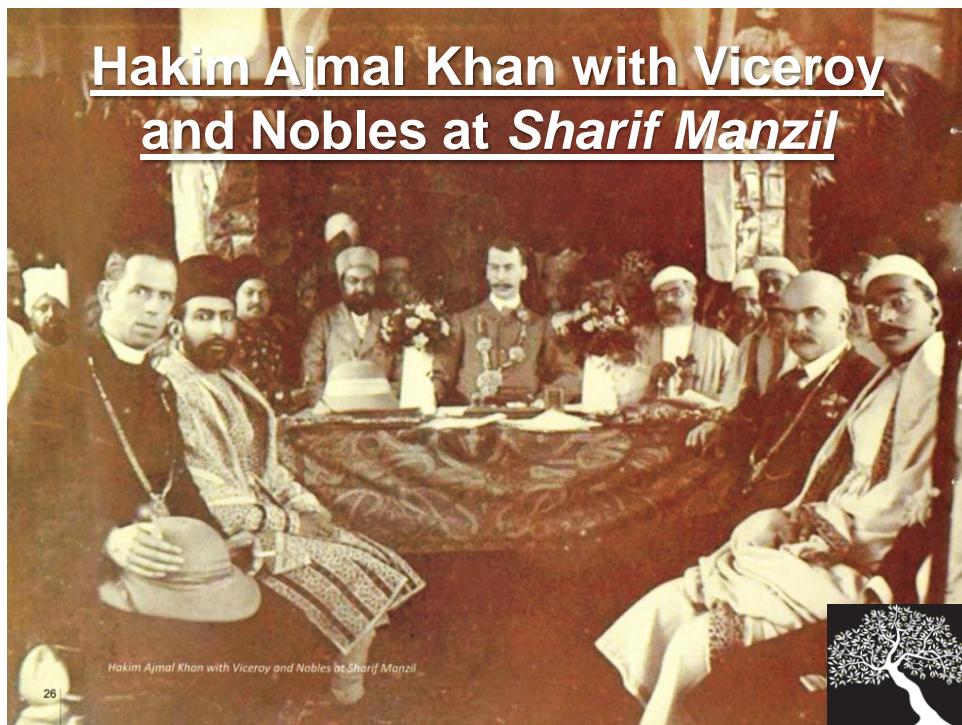


## Family Background

- Belonged to the famous **Sharifi family**, who's ancestors came to India with emperor Babar in 1526.
- Hakim Ajmal Khan's father was Ghulam Mahmood Khan, his grandfather was Sadiq Ali Khan, his great-grandfather was Mohammad Sharif Khan.

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## **Hakim Ajmal Khan's Legacy**

- **1908** Established Anjuman-e-Tibbia for running Madrassah-Tibbia
- **1908** Established Zenana-Tibb school for ladies. Inaugurated by Lady Dean (wife of Lieutenant Governor of Punjab).
- **1908** Unani Ayurvedic company renamed to Hindustani Dawakhana, and rights transferred to Anjuman-e-Tibbia to fund **AUTC** (**Ayurvedic and Unani Tibbia College**).

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## Hakim Ajmal Khan's Legacy

- **1910** Helped to set up the All-India Ayurvedic and Unani Tibb Conference
- **1915** Anjuman-e-Tibbia converted to Board of Trustees.
- **1916** Lord Hardinge laid foundation stone of Ayurvedic and Unani Tibbia College (AUTC).
- **1921** Mahatma Gandhi formally opens AUTC and also unveiled the portraits of Lord Hardinge and Lady Hardinge.

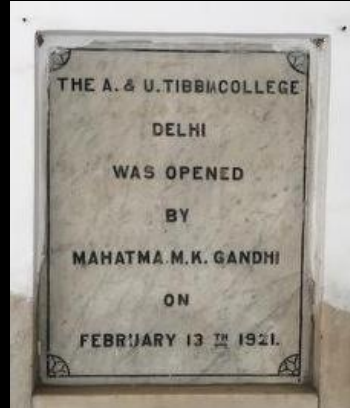
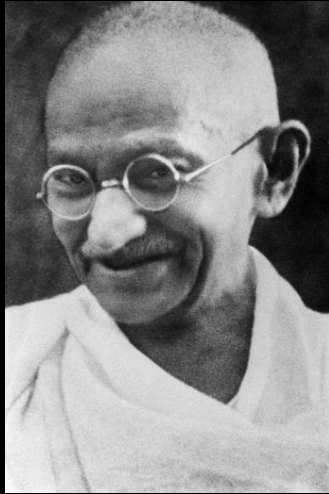
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**The foundation stone was laid by Lord Charles Hardinge, Viceroy of India (1910-1916)**

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**Opened by Mahatma Mohandas Karamchand Gandhi in 1921**

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## **Ayurvedic and Unani Tibbia** **College (AUTC) Opening Ceremony**

### **VIP Guests Included:**

- Mahatma Gandhi
- Motilal Nehru
- Seth Jamna Lal Bajaj
- Lala Lalpat Rai
- Ali Brothers
- Dr. Kitchler

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**Internationalisation of Unani  
Tibb: A World Health Tradition**



First International Seminar on  
Unani Medicine, New Delhi,  
India, in 1987



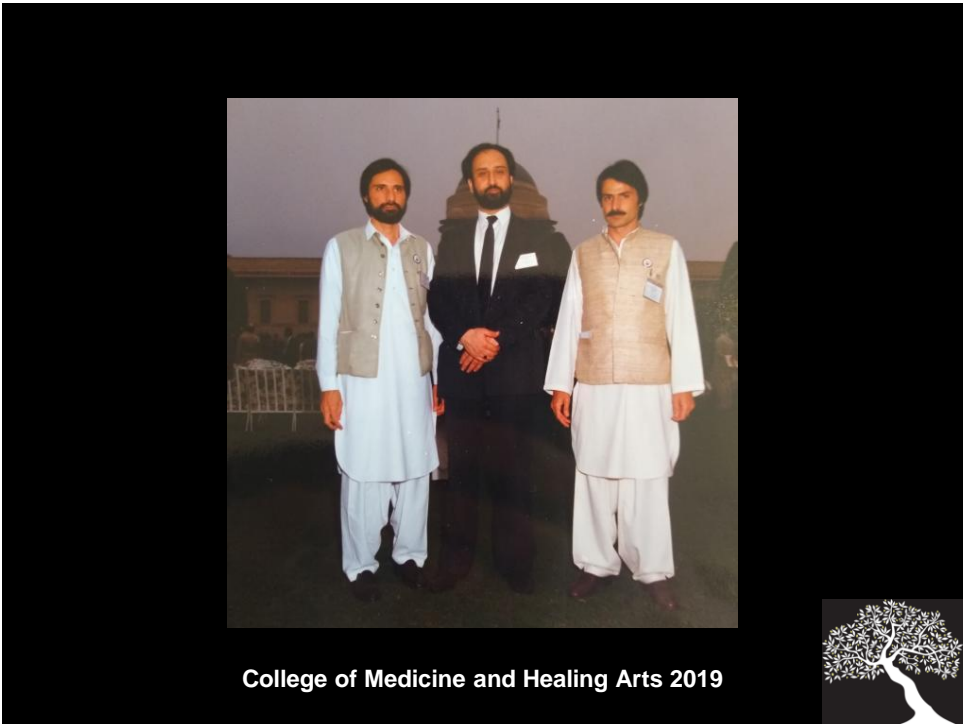
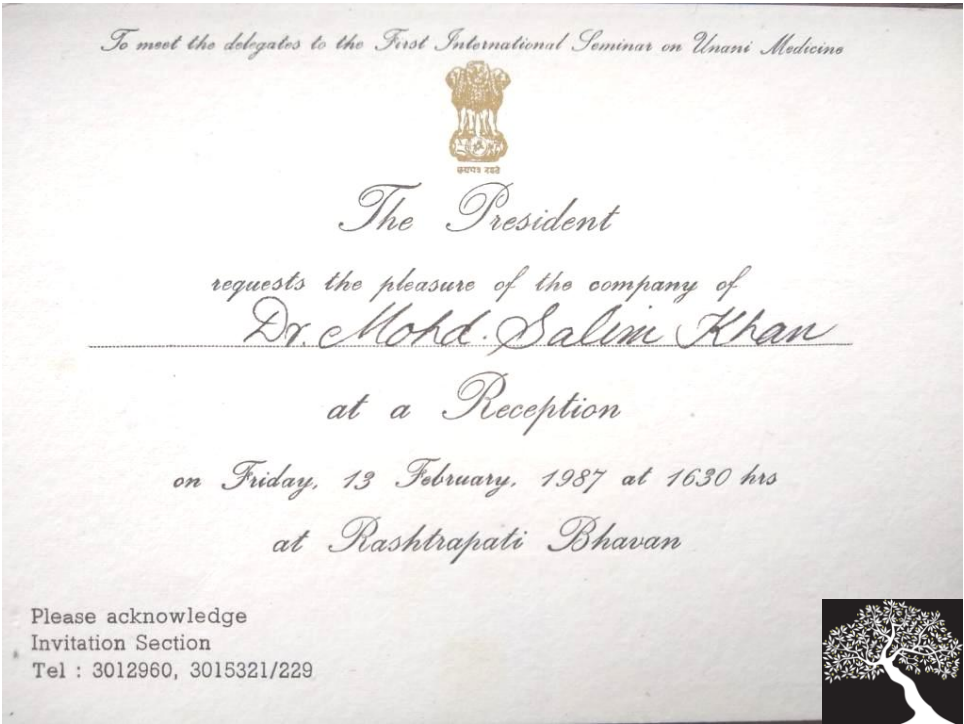
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## **M Salim Khan at Sharif Manzil**



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**Unani Tibb for Public Health**



## World Health Organisation and Unani Medicine

- Unani medicine gained recognition from World Health Organisation in 1976.
- **It was part of the WHO goal of “Health For All” by the year 2000.**
- WHO launched the new traditional medicine strategy 2014-2023 to mainstream traditional medicine along with allopathic medicine.
- **Unani medicine is being researched, taught and practiced in 20 countries.**

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## World Unani Foundation



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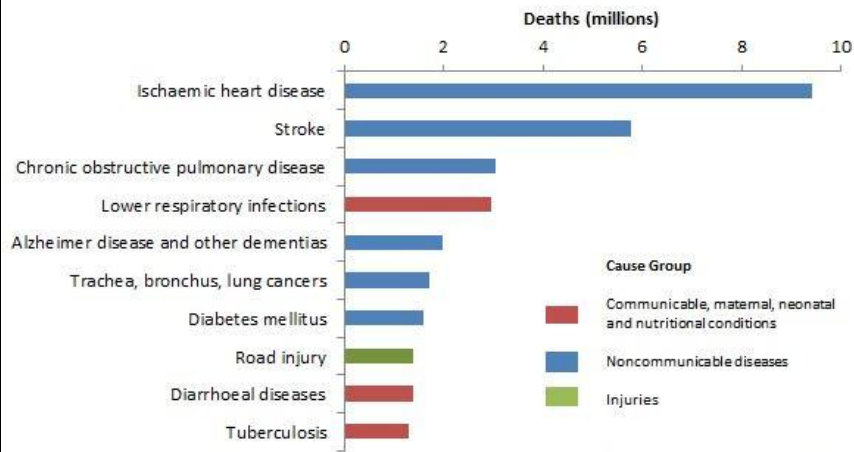


# Modern Lifestyle Diseases

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Top 10 global causes of deaths, 2016



Source: Global Health Estimates 2016: Deaths by Cause, Age, Sex, by Country and by Region, 2000-2016. Geneva, World Health Organization; 2018.

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## Non-Communicable Diseases (NCDs)

This term encompasses a large and wide variety of human diseases. By definition, NCDs are also known as **chronic** diseases or **lifestyle** diseases, not passed on from person to person. They are of long duration and generally have a slow progression.

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## Non-Communicable Diseases (NCDs)

The four main categories of NCDs are: 1. Cardiovascular diseases; 2. Chronic respiratory diseases; 3. Cancers; 4. Diabetes.

These four main groups of diseases account for around 80% of all deaths by NCDs.

NCDs are projected to be **the most common cause of death** by 2030.

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## **AYUSH - Unani Medicine in USA**

- Department of AYUSH, Govt. of India has signed a Memorandum of Understanding with the department of Pharmacognosy at University of Mississippi, and established the National Centre for Natural Products Research.
- Global Unani Medicine and Research Foundation (GUMRF) are incorporated under the Law of USA. The Head Quarter of the foundation is at Chicago and has 5 regional offices in Asia, Europe, Middle East, Africa and Australia.

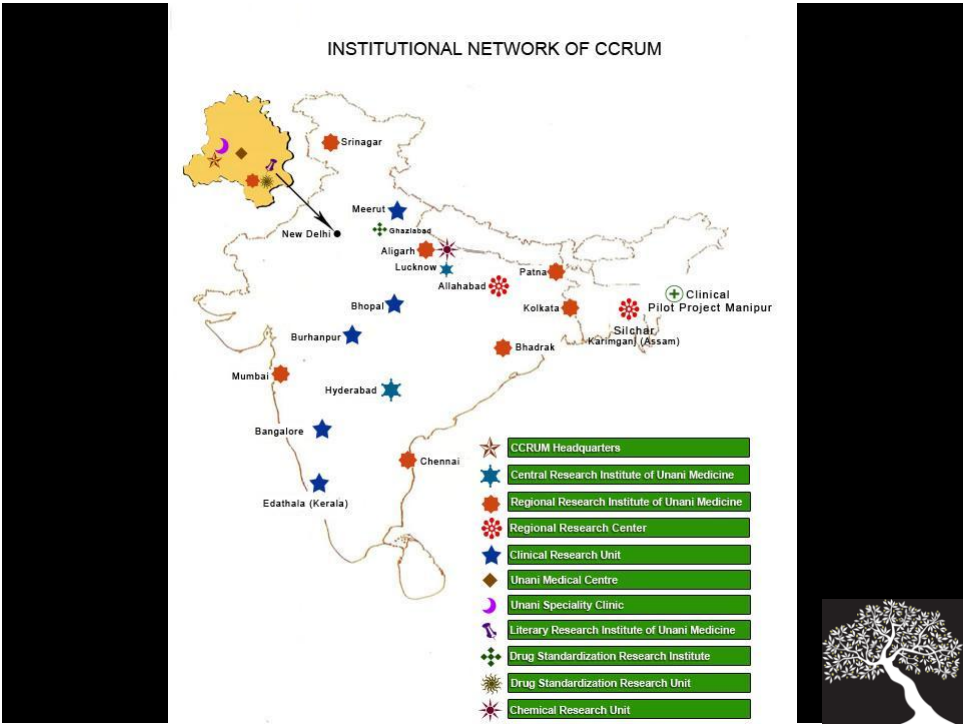
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## **AYUSH - Central Council for Research in Unani Medicine**


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**Dr. Ram Manohar Lohia Hospital and  
Post Graduate Institute of Medical Education and Research**  
New Delhi, India, A Central Government Hospital (Formerly Willingdon Hospital)




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स्नातकोत्तर चिकित्सा शिक्षण  
डा. राम मनोहर लोहिया  
P. G. I. M. E. R., Dr. R.M.L. H

← शैक्षिक ब्लॉक  
ACADEMIC BLOCK  
→ प्रशासनिक ब्लॉक  
ADMINISTRATION BLOCK  
↑ पुस्तकालय ब्लॉक  
LIBRARY BLOCK  
→ सभागृह  
AUDITORIUM  
← अतिथि मंदिर  
GUEST HOUSE  
← कैफेटेरिया  
CAFETERIA

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**The Unani  
Medical Centre  
Dept. At Dr.  
RML Hospital  
began 14<sup>th</sup>  
January 1998**

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## **Benefits of the Unani Tibb** **Healthcare Tradition**

- 1. Wholistic**
- 2. Individualised – Temperament**
- 3. Natural**
- 4. Safe – Used for over 1000s of years**
- 5. Effective – Used for over 1000s of years**
- 6. Economical – Cost-Effective**
- 7. Preventative – Health Maintenance**

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## The Wholistic Understanding of the Person

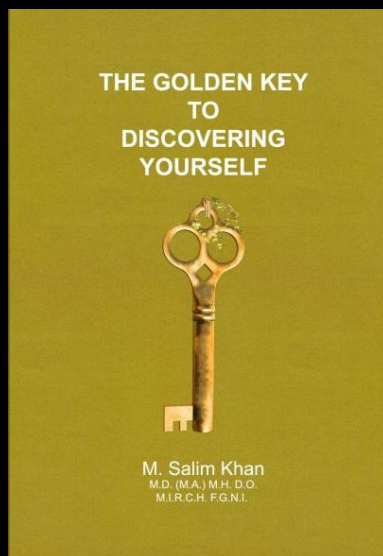
The following are the seven natural dimensions of the human being:

1. Arkān – Elements
2. Mizāj – Temperament
3. Akhlāṭ – Humours
4. A`ḍā – Organs
5. Arwāḥ – Spirits
6. Quwā – Faculties
7. Af`āl – Functions

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## Individualised Healthcare Using Temperaments



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## **Balanced and Wholistic Lifestyle**

1. Air and Environment / Ecological Conditions
2. Food and Drink / Diet and Nutrition
3. Physical Activity and Rest
4. Mental Activity and Rest
5. Retention and Elimination
6. Sleep and Wakefulness

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## **Natural Medicaments**



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**Public Healthcare in Britain**



## Home of the NHS



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In 1948, UK became the first country to provide universal free healthcare for the entire population.

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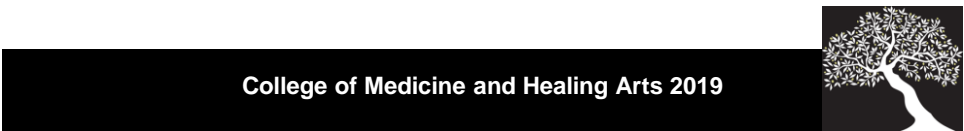
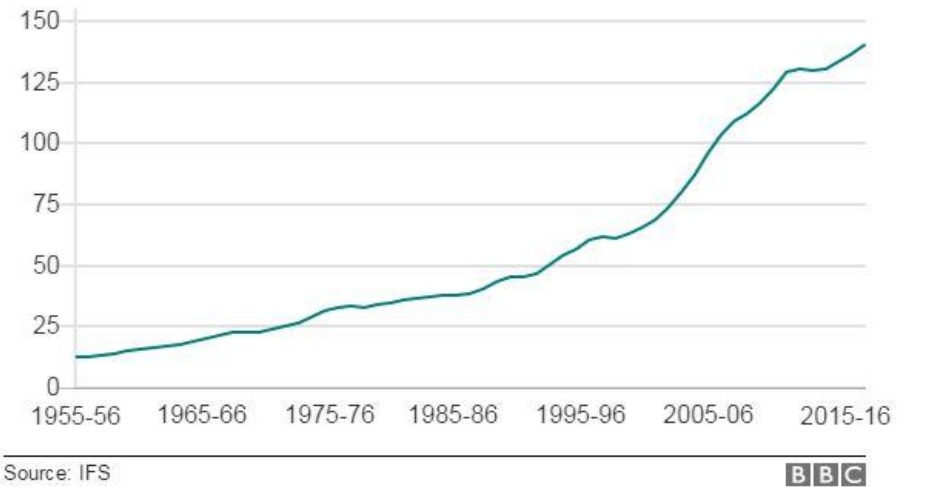






**How the NHS budget has grown**

Health spending in the UK (£bn in 2016-17 prices)



## We spend more on the NHS than ever before.

Last year £140bn was spent on health across the UK - more than 10 times the figure that was spent 60 years ago (after taking into account inflation).

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## A bigger proportion of public spending goes on health

Governments over the years have had to invest more and more of the public purse into it. Today 30p out of every £1 spent on services goes on health.

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Even during the years of deep austerity, extra money has been found for the health service.

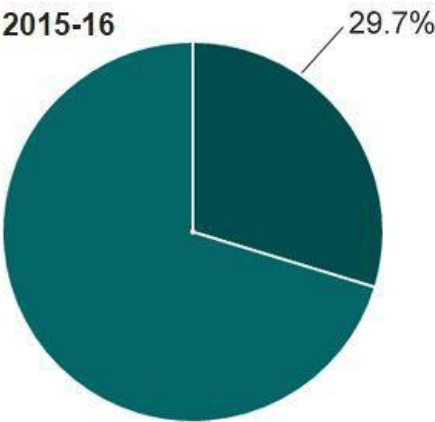
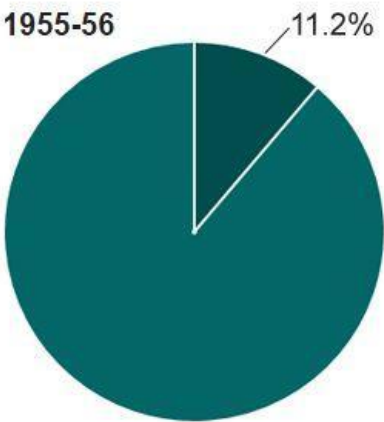
Yet it seems no matter how much is invested, it's still not enough. It seems the NHS is creaking at the seams.

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Change in proportion of public services budget spent on health

■ NHS ■ Rest of budget



Source: IFS

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## Costs of care.

The average 65-year-old costs the NHS 2.5 times more than the average 30-year-old. An 85-year-old costs more than five times as much.

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## Costs of care.

This is compounded by the rising cost of new drugs. The health service is currently considering capping the amount it will pay for new drugs at £20m each a year. A fifth of new treatments coming on stream cost more than this.

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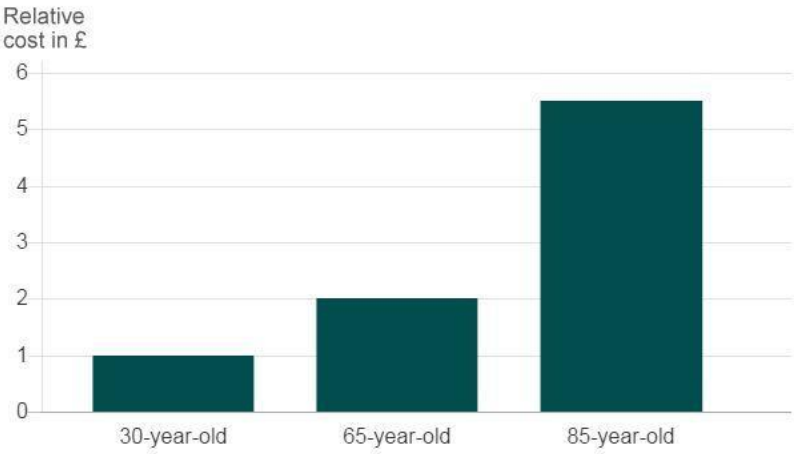
Costs of care.

Then there's obesity. A third of adults are so overweight they are risking their health significantly.  
All this contributes to 'health inflation' – cost of providing care outstrips normal rise in cost of living across the economy.

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Comparing NHS spending on people by age  
Spending for patients increases as they get older



Source: IFS



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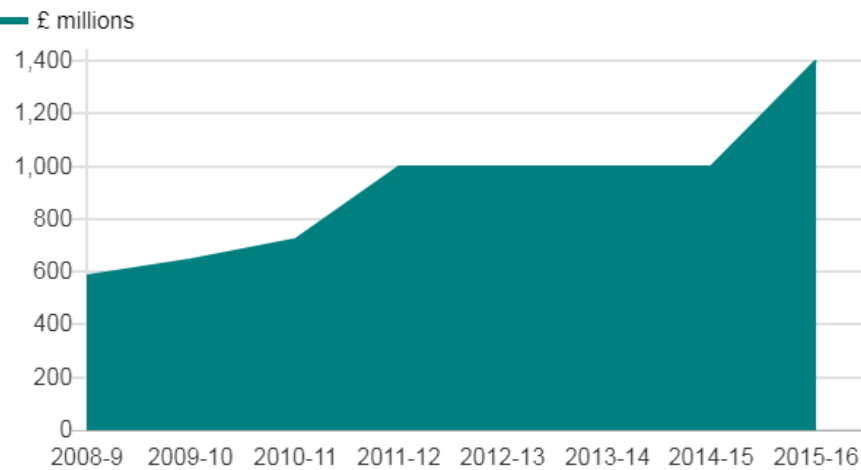
# Increases in NHS spending have slowed.

The Institute for Fiscal Studies believes by 2020, the NHS budget across the UK will not have increased enough to keep pace with the ageing and growing population.

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Payments in respect of negligence claims against the NHS



Source: NHS Litigation Authority

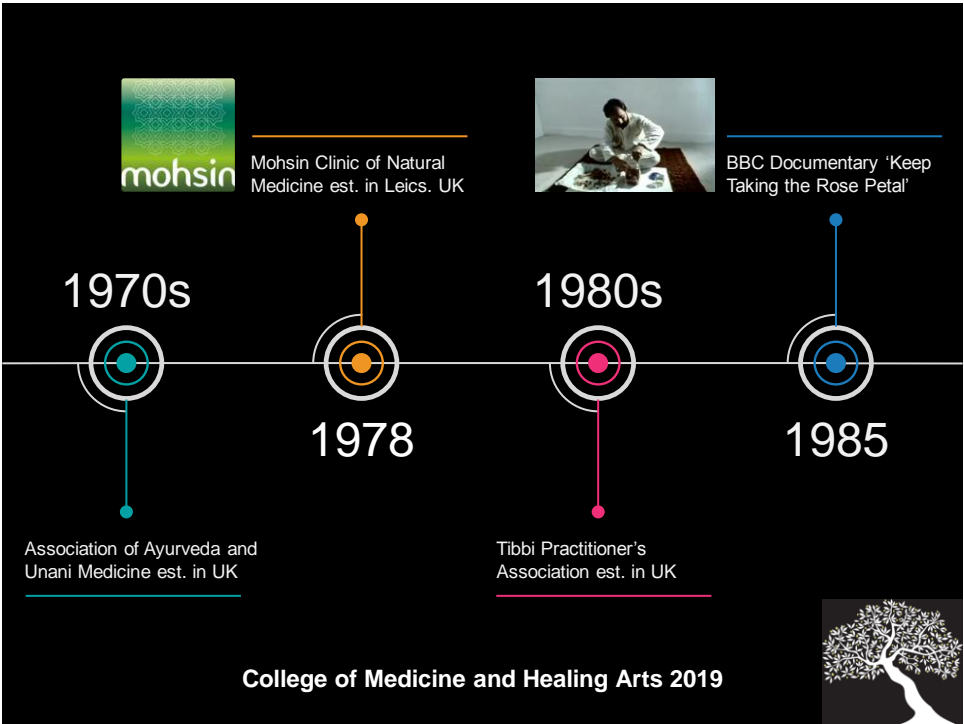


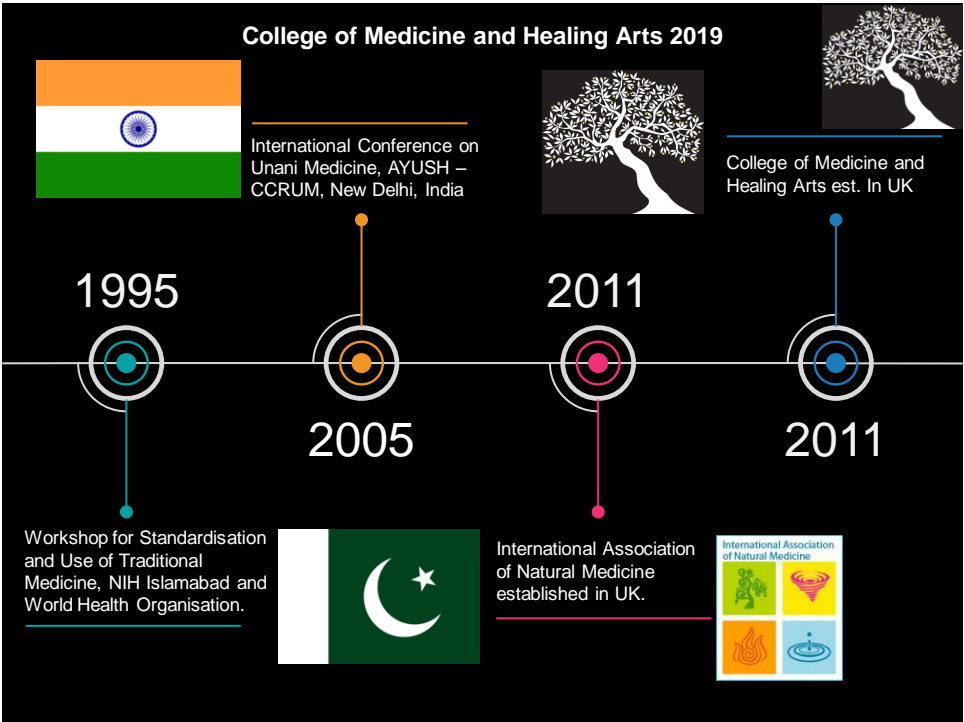
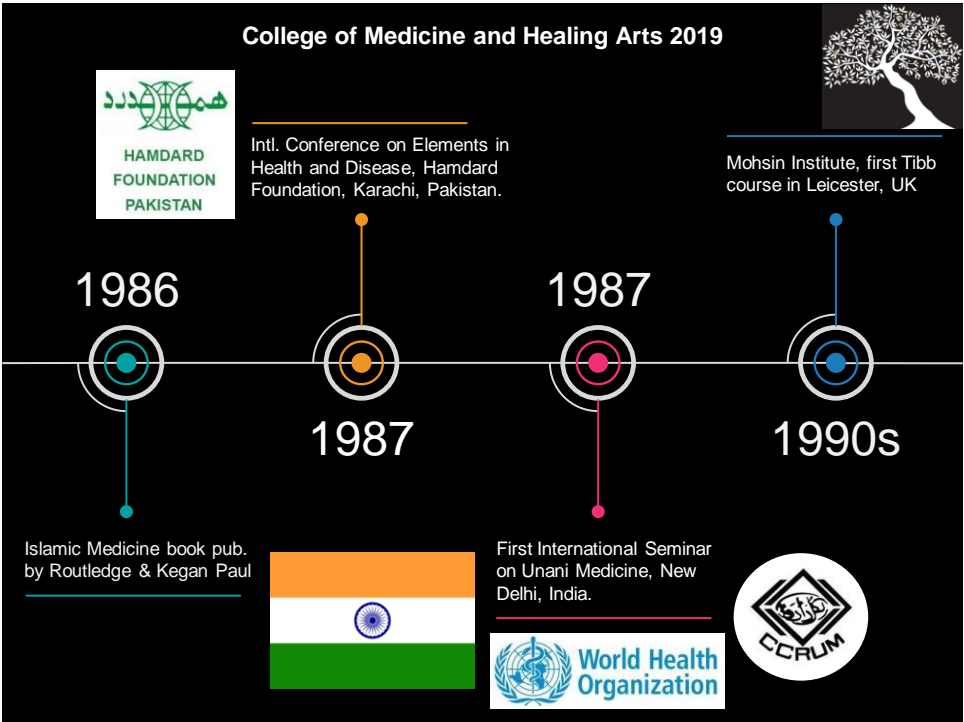
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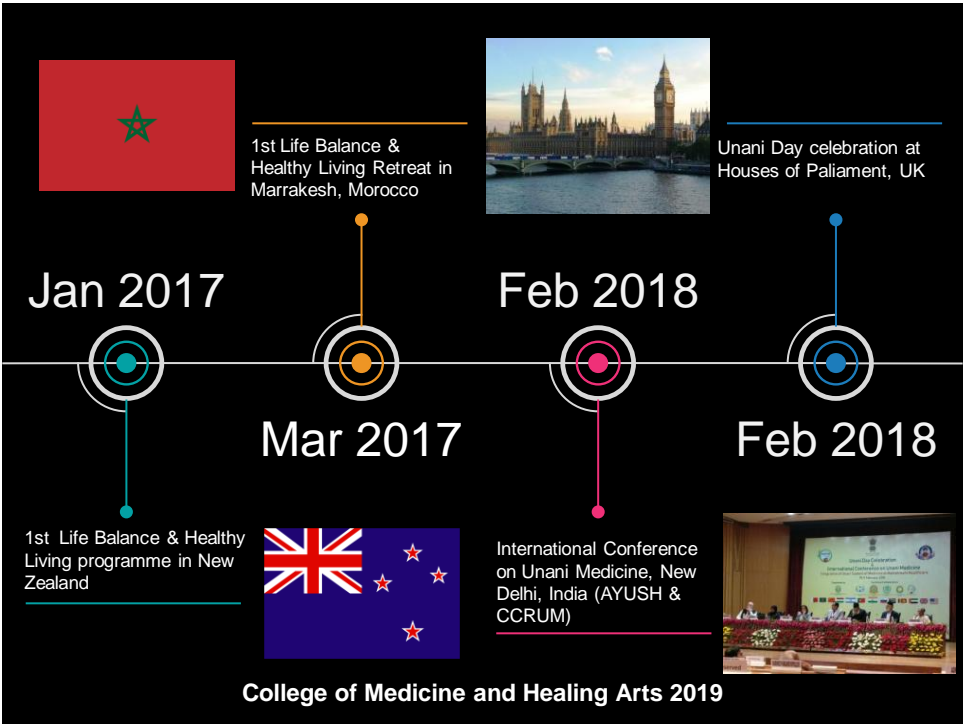
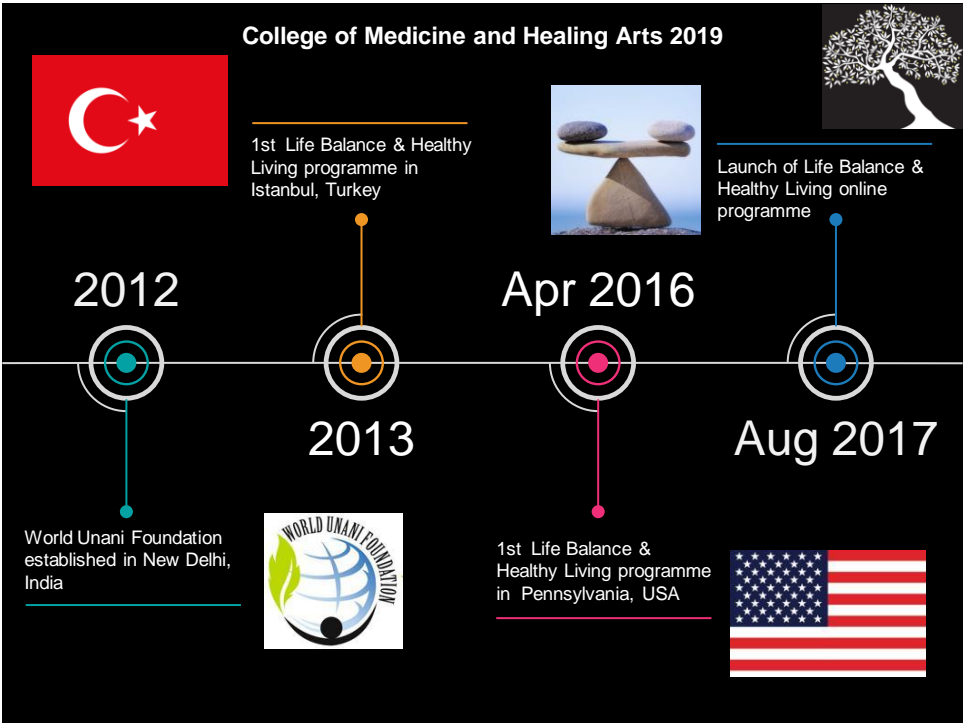




**Britain’s Contribution  
Towards Internationalisation  
of Unani Medicine**









**College of Medicine  
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Ongoing Efforts**

## Locations Worldwide

- Prominent and accessible locations around the world, including:

1. UK
2. USA
3. New Zealand
4. Morocco
5. Spain



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## Diversity of Students

- |                |                          |
|----------------|--------------------------|
| 1. UK          | 13. Mauritius            |
| 2. USA         | 14. Malaysia             |
| 3. New Zealand | 15. Netherlands          |
| 4. Australia   | 16. Saudi Arabia         |
| 5. Belgium     | 17. South Africa         |
| 6. Bulgaria    | 18. Sweden               |
| 7. Canada      | 19. United Arab Emirates |
| 8. Germany     |                          |
| 9. France      |                          |
| 10. India      |                          |
| 11. Italy      |                          |
| 12. Morocco    |                          |

100s of Learners  
Worldwide

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## Returning to Nature & Teaching Methods

- **Retreat format** – away from the daily grind, spending time in nature.  
Experiencing herbs and foods in their natural habitat.
- **Teaching clinics** – real working environments.

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## Pennsylvania, USA



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# Granada, Spain



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## Real Clinic Training Environment in Leicester, UK

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## Public Health Education –

### Online Programmes

- **The 7 Steps to Wholesome Living**  
FREE Online Mini-Course
- **Life Balance & Healthy Living**  
Online Unani Tibb Health Programme  
Public Health Education for Communities

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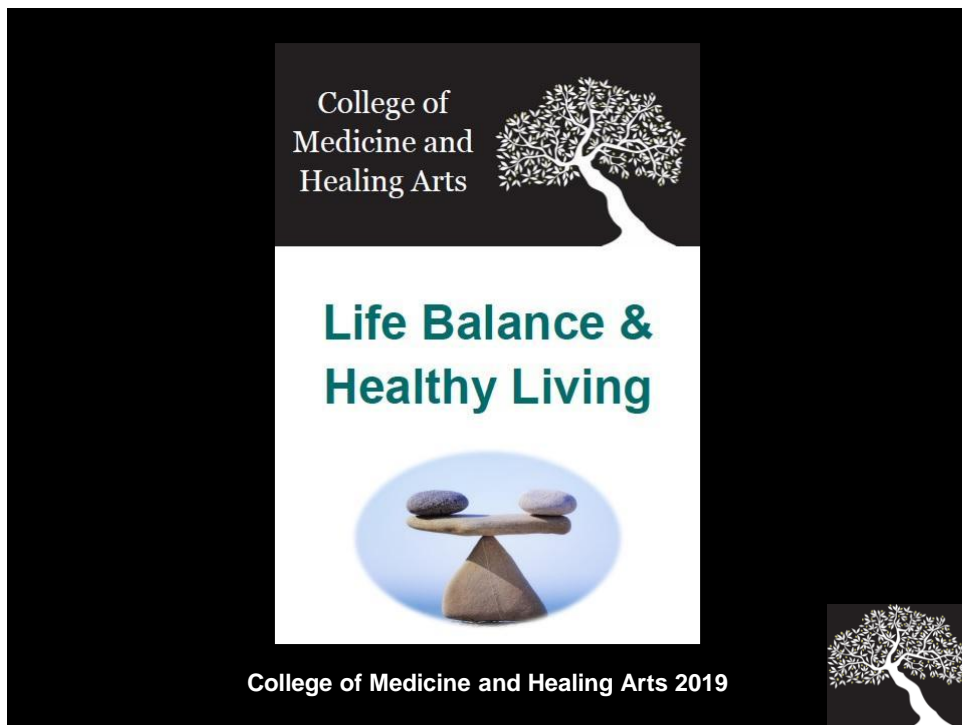
## Public Health Education –

### In-Person Programmes

- **Stage 1: Life Balance & Healthy Living**
- **Stage 2: Whole-Person Healing & Medicine**

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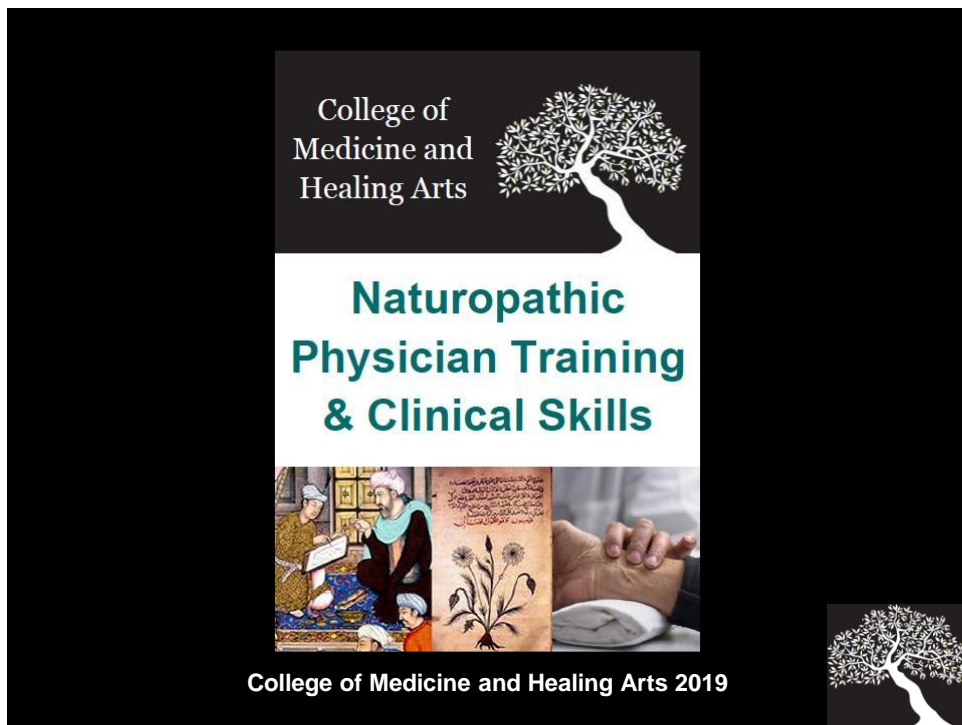


## Professional Diplomas

- **Diploma in Unani Tibb  
Herbal & Naturopathic Medicine**
- **Diploma in Nafsiyat  
Counselling & Psychotherapy**

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## The Guild of Unani Tibb

- Previously called the International Association of Natural Medicine (IANM).
- Professional association for Unani Tibb practitioners in the UK, Europe and USA.

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## **Hakim Ajmal Khan's Living Legacy Today in Britain**

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## **The Jadīd Sharīfī Prescription**

Originally developed by the Sharīfī family to normalise and balance digestive functions.

This traditional Unani Tibb formula can be modified by the addition of herbs depending on the condition or illness to be treated.

We have integrated local British herbs into this formulation for various uses.

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### The Jadīd Sharīfī Prescription

Originally developed by the Sharīfī family to normalise and balance digestive functions, particularly to correct poor appetite, flatulence, distension and hardness of the stomach. This formula can be modified by the addition of one or more herbs depending on the condition or illness to be treated. Here are the basic constituents:

Botanical	Quantity /g
Viola odorata	3g
Cichorium intybus	3g
Foeniculum vulgare	3g
Borago officinalis	1g
Vitis vinifera	3g

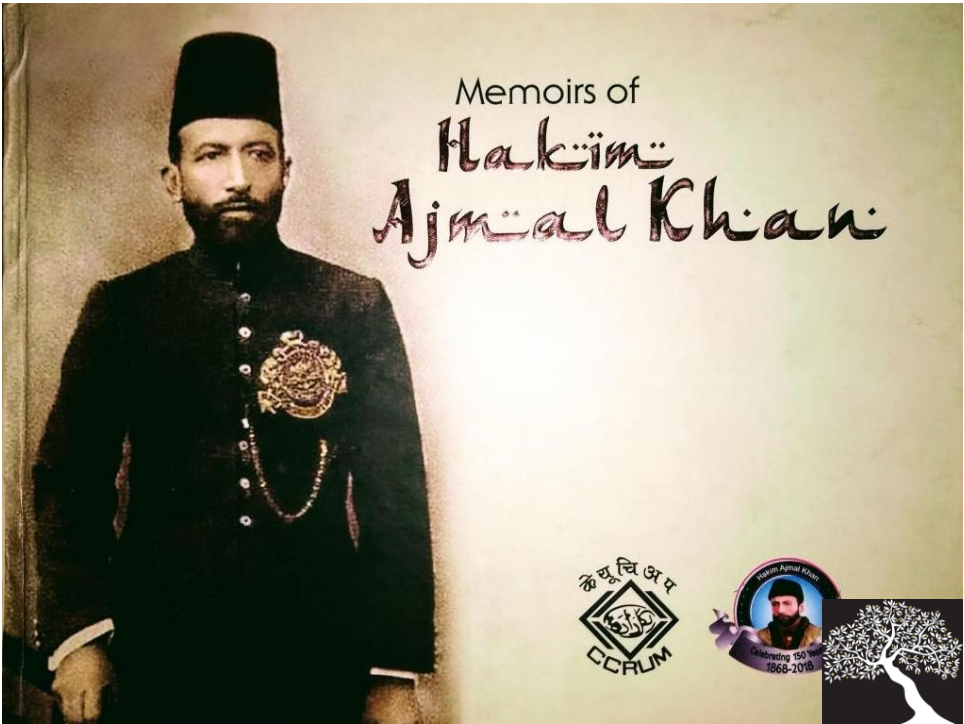


#### Modifications

One or more of these constituents are to be added when necessary:

Condition	Botanical	Quantity
Disorders of Dam	Fumaria officinalis	3g
Excess of Şafrā	Prunus domestica	3g
Excess of Saudā	Melissa officinalis	3g
Excess of Balgham	Zingiber officinale	3g
Heart imbalance	Crataegus laevigata	5g
Liver imbalance	Taraxacum officinale	5g
Spleen imbalance	Ficus carica	5g
Asthma	Hyssopus officinalis	3g
Cold and flu	Sambucus nigra	3g
Cough	Glycyrrhiza glabra	3g
Constipation	Senna alexandrina	3g





## **Unani Medicine's Gift to Public Healthcare in Britain**

1. From mechanistic, to whole-person approach.
2. From one-size-fits-all, to individualised care.
3. From imbalanced lifestyle, to balance and synchrony with nature.
4. From synthetic drugs to nature's botanical treasury.
5. From costly drugs and interventions, to safe, effective, economical healthcare solutions.

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## **Hakim Ajmal Khan's Speech at the Ayurvedic and Unani Tibbia College in 1921**

“In the end I have to submit that from 1889 to this time I have made my humble efforts, directly or indirectly to fulfil my duty of service. After the struggle, hard work and discharging of service, I now wish that the burden of this work should not rest on my person alone. Those who want to work should come forward with zeal and courage and share my burden...”

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### **Hakim Ajmal Khan's Speech at the Ayurvedic and Unani Tibbia College in 1921**

“... I am not against Western medicine nor this institution is anyone's opponent. Our objective is clear and we started this work for the benefit of our poor country. We have entered this field to make our medical arts complete and make them developed. We not only aim at establishing ourselves completely on our ancestors' correct and disciplined ways, but also gaining benefit of the advancement made in medical sciences the world over...”

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### **Hakim Ajmal Khan's Speech at the Ayurvedic and Unani Tibbia College in 1921**

“... We deem it unfortunate for every science that its doors are shut, and the light of scientific research is not allowed to enter. The medicine of the world is incomplete, and we open-mindedly accept that. While keeping up the eternal and right principles and ways of our elders it is our duty to be prepared to make every effort, which we can do to make our medicines complete, and to raise them to a high level, at all times and in all ages.”

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