

Unani Medical Centre (UMC), Safdarjung Hospital

INTRODUCTION

The Unani Medical Centre (UMC) is a co-location centre of the Central Council for Research in Unani Medicine (CCRUM) under the Ministry of AYUSH, Government of India. The Centre began functioning at the New OPD Building, Safdarjung Hospital, New Delhi, in June 2019, and was formally inaugurated on 13 September 2019 by the then Hon'ble Minister of State (Independent Charge) for AYUSH, Shri Shripad Yesso Naik. The UMC functions as an extension centre of the Regional Research Institute of Unani Medicine (RRIUM), New Delhi, under CCRUM, Ministry of AYUSH.

In addition to its research mandate, CCRUM is actively engaged in providing quality Unani healthcare services across several government hospitals in Delhi. Presently, Unani Medical Centres are operational at Dr. Ram Manohar Lohia Hospital (since 1998), Deen Dayal Upadhyay Hospital (since 2010), and Safdarjung Hospital (since 2019) offering integrated AYUSH healthcare services.

The Centre provides free Outpatient Department (OPD) consultation and treatment services through experienced specialist Unani physicians, supported by visiting eminent Unani doctors and renowned Hakims. Unani medicines, procured from GMP-certified Government PSU pharmacies, are dispensed free of cost to patients. Since its inception, over one lakh patients have been registered and treated at the UMC.

In addition to General OPD services, the Centre offers cupping (Hijama) therapy for patients with musculoskeletal disorders, including osteoarthritis, rheumatoid arthritis, cervical spondylosis, and low back pain, where Unani medicine provides safe and effective therapeutic solutions.

The Centre actively undertakes high-quality clinical research projects in collaboration with various departments of Safdarjung Hospital, including Respiratory Medicine, Medicine and Community Medicine. These studies address current and emerging health challenges of the Indian population and are funded by CCRUM, Ministry of AYUSH. During the second wave of the COVID-19 pandemic, the Centre successfully conducted a randomized clinical study on hospitalized mild-to-moderate COVID-19 patients, the results of which have been published in the international peer-reviewed journal Cureus.

The UMC also conducts regular public lectures, health education sessions, and counselling on dietary regimens, healthy lifestyle practices, and psychological well-being, with the aim of enhancing the overall quality of life of individuals. In addition, the Centre regularly organizes health awareness camps and outreach programmes as part of national initiatives such as Hindi Pakhwara, Poshan Maah Abhiyan, and International Yoga Day.

In accordance with National Medical Commission (NMC) guidelines, the UMC provides 7-day compulsory rotational internship training for MBBS interns, under the supervision of specialist Unani physicians. Since January this year, a total of 90 MBBS interns have successfully completed the training.

INFRASTRUCTURE

Unani Medical Centre is situated in the first floor of the new OPD block (Room No. 111, 112, & 113). It is operational from 9 am to 4 pm on weekdays (Mon – Fri) and till 1pm on Saturdays.

Unani OPD services (Free Consultation, Free Unani Medicine dispensing), Two rooms are available for OPD Consultation

Room No. 111A: Registration counter, First Floor, Main OPD Building

Room No. 111: OPD -1, First Floor, Main OPD Building

Room No. 112: OPD -2, First Floor, Main OPD Building

Room No. 111B: Medicines Distribution –Unani Pharmacy, First Floor, Main OPD Building.

Room No. 113: Regimenal Therapy Room, First Floor, Main OPD Building

Laboratory and Imaging Services: UMC is utilising the services of Safdarjung Hospital

OPD REGISTRATION SCHEDULE

Monday to Friday –

Morning OPD: 9 am to 12:30 pm

Afternoon OPD: 2 pm to 3 pm

Saturday –

Morning OPD: 9 am to 12 pm

SERVICES

OPD consultation (Free Consultation)

- I. Dermatology
- II. General Medicine
- III. Geriatric Medicine
- IV. Gastroenterology
- V. Gynaecological Disorders
- VI. Neurological Disorders
- VII. Non-communicable diseases
- VIII. Musculoskeletal Disorders
- IX. Paediatrics
- X. Rheumatology
- XI. Respiratory Diseases
- XII. Sexual disorders
- XIII. Others

Faculties and Staff:

S.No.	Name	Designation	Post
1.	Dr. Tamanna Nazli	Research Officer & OPD Consultation, Research Projects management, MBBS Students lecture, administrative work, Duties allotted by Authorities.	Permanent
2.	Dr Mohd Sajid	Technical Officer	Contractual
3.	Mr. Malik Nawaz	Pharmacy in-charge, Dispensing of Medicines	Contractual
4.	Mr. Mohd Bux	M.T.S	Permanent
5.	Mr. Rahul	M.T.S, registration & OPD Services	Outsource

OPD SCHEDULE:

Weekdays	Room No	Doctor on Duty
Monday	111	Dr Mohd Sajid, Technical Officer
	112	Dr Tamanna Nazli, Research Officer
Tuesday	111	Dr Mohd Sajid, Technical Officer
	112	Dr Tamanna Nazli, Research Officer
Wednesday	111	Dr Mohd Sajid, Technical Officer
	112	Dr Tamanna Nazli, Research Officer
Thursday	111	Dr Mohd Sajid, Technical Officer
	112	Dr Tamanna Nazli, Research Officer
Friday	111	Dr Mohd Sajid, Technical Officer
	112	Dr Tamanna Nazli, Research Officer
Saturday	111	Dr Mohd Sajid, Technical Officer
	112	Dr Tamanna Nazli, Research Officer

Last Five Year data of OPD

	Adult				Child				Total						
Year	New		Old		New		Old		Adult		Child		New Total	Old Total	Grand Total
	M	F	M	F	M	F	M	F	M	F	M	F			
2021-2022	2665	1744	2692	1582	91	68	40	64	5357	3326	131	132	4568	4378	8946
2022-2023	3402	2446	5030	3257	136	127	140	101	8432	5703	276	228	6111	8528	14639
2023-2024	3524	2518	8832	5598	119	113	222	185	12356	8116	341	298	6274	14837	21111
2024-2025	3518	2463	13214	7027	155	132	252	304	16732	9490	407	436	6268	20797	27065
2025-2026	4768	3347	13802	8435	125	119	284	270	18570	11782	409	389	8359	22791	31150
															102911

Events

- International Day of Yoga
- World No Tobacco Day
- World Environment Day
- World Blood Donor Day
- Nasha Mukh Bharat Abhiyaan
- Vigilance Awareness week
- 100-day campaign for TB elimination
- International Women's Day
- Pharmacovigilance awareness programs

RESEARCH ACTIVITIES

UMC has contributed in the following research studies at Safdarjung Hospital:

1. A study to assess the safety and efficacy of add-on Unani regimen in preventing the progression of severity of the disease in mild to moderate symptomatic COVID-19 RT-PCR positive cases (Study concluded and published) Department of Pulmonary Medicine and COVID-19 Management Centre, Safdarjung Hospital.
2. A Randomized Controlled Clinical Trial comparing Unani medicine plus standard of care vs Standard of care in reducing exacerbations in COPD patients (Preclinical trial is ongoing)
3. An experimental study to evaluate the toxicological profile of Safoof Kakrasingi (ongoing)
4. Shelf-Life Evaluation and Quality Control of Standardized Unani Talbeena Food Products (Cookies, Flakes, Instant Dalia), Unani Qahwa, and Hareerā under Accelerated and Long- Term Storage Conditions as per ICH Q1E Guidelines (Phase II) in collaboration of Bhaskaracharya College of Applied Sciences, Delhi University (ongoing)
5. Evaluating the Efficacy and Safety of the Oral Polyherbal Drug Unani UNIM-301 as an Add-On Therapy to Standards of Care in Rheumatoid Arthritis: A Randomized Controlled Trial in collaboration of Dr RML Hospital, New Delhi. (ongoing)
6. Morbidity profile of people attending Unani Mobile Health Clinic and their Knowledge about Unani Medicine in selected spots under Schedule Caste Sub Plan (SCSP) (ongoing)

PUBLICATIONS

2. **Nazli T**, Raheem A, Subhani S, Ansari SA, Meena R. PHYSICO- CHEMICAL AND HPTLC STUDIES OF ROSA DAMASCENA MILL. World Pharmaceu Res. 2019; 8(6): 541-52
3. Kishore J, Heena, Anand T, **Nazli T**, Mandal RK. Academic Performances and Associated Factors Amongst School Adolescents: A Cross Sectional Study. Int J HealthCare Edu & Med Inform 2019; 6(2): 10-17
4. Raheem A, **Nazli T**, Saeed A, Alvi R, Kalaivani M. Effectiveness of Fire Cupping (Hijamah Nariya) versus dry warm Fomentation (Takmeed Yabis) in Chronic Neck Pain - A Randomized Control Trial. J Integ Comm Health 2019; 8(1): 21-32
5. **Nazli T**, Heena, Raheem A, Kishore J. Perceptions and Practices of the Adult Population in Response to SARS-CoV-2 Pandemic in India. Epidem Int 2020; 5(2): 10-16.
6. Hakeem NA, Quraishi HA, Qasmi M, Raheem A, Bhat MZ, Dinthoo M, Majid M, Yousuf R, Tamanna Nazli T, et al. COVID-19- A Management through Traditional Way: A Review. 2020; 2(4):62-73.
7. Heena, **Nazli T**, Grover S, Kishore J. Covid 19 Pandemic and “Feeling Depressed”: An Online Survey , Epidemiology International (E-ISSN: 2455-7048): Vol. 5 No. 2 (2020): Special Issue on SARS-CoV-2 (COVID-19) - Epidemiology International
8. Raheem A, **Nazli T**, Kishore J, Heena, Kazmi MH, Khadeerunisa S, Minhajuddin A et al. Perception and practice of People about Unani Medicine attending National Arogya Fair, Visakhapatnam, Andhra Pradesh. J Adv Res Ayur Yoga Unani Sidd Homeo 2020; 7(1&2): 16-24
9. **Nazli T**, Kishore J, Khan SA, Heena, Raheem A, Khan AA. Knowledge and Practices of Unani Medicine among Patients Attending OPD at a Tertiary Care Hospital in North India. Int J HealthCare Edu & Med Inform 2020; 7(1&2):10-15.

10. Rifaqat, Ahmad S, Khan P, **Nazli T**, Raheem A, Parveen S. A Cross sectional Descriptive Study on Status of Family Planning Practices in Rural Scheduled Castes of District Aligarh, Uttar Pradesh, India. Hippocratic Journal of Unani Medicine (ISSN: 0974-1291) 2020; 15(3): 39-45.
11. Abdul Raheem, Ishtiyaq Ahmad, Pervez Khan, Arjumand Shah, Tamanna Nazli, Asim Ali Khan, Shagufta Parveen. Management of Humuzat-e-Meda (hyperacidity) with Jawarish Amla & Habb-e-Papita- a Multi Centric Study. Paripex - Indian Journal of Research (ISSN: 2250-1991) 2020; 10(5): 119-121.
12. Kishore J, Anand T, Heena, **Nazli T**. Depression during COVID-19 Pandemic in India: Findings from an Online Survey. Int J Preven Curat Comm Med 2020; 6(2): 16-21.
13. Zeba Afrin, Shagufta Parveen, Abdul Raheem, Tamanna Nazli, Asim Ali Khan. Sharbat Fawläd – A Potent Unani Formulation for Faqr al-Dam (Anaemia). Hippocratic Journal of Unani Medicine (ISSN: 0974-1291) 2020; 15(3): 1-7.
14. Khan P, Ahmad S, Rifaqat, **Nazli T**, Raheem A, Afza S. SARS-Cov-2 Pandemic: A Review on Current Evidence and Unani Perspective. J Integ Comm Health 2020; 9(2): 1-10
15. Kishore J, Kumar R, **Nazli T**, et al. Efficacy of the Unani Regimen as an Add-On to Standard Treatment in Hospitalised RT-PCR Confirmed Mild to Moderate COVID-19 Patients: An Open-Label Randomized Controlled Trial. Cureus 15(5): e38574. DOI 10.7759/cureus.38574
16. A Raheem, **T Nazli**, R Raza, Y Munshi, P Khan, A Faisal, A Rej, J Kishore. Changes in lifestyle, Food Choices, Sleeping habits, and Physical Activities During the COVID-19 Pandemic: Analysis of Data after the First Lockdown Period from three states of India. Epidemiology International;7 (4):19-26
17. AA Khan, N Akhtar, N Parveen, P Kumar, G Javed, **Nazli T et al.** Evaluation of safety and efficacy of Unani Add-on regimen in preventing the progression of severity of the disease in hospitalized SARS-CoV2 tested positive asymptomatic /mild to moderate symptomatic COVID-19 cases- A Randomised Controlled Clinical Trial. Bangladesh Journal of Medical Science;21(4):901-911

18. **Nazli T**, Heena, Raheem A, Kishore J. Perceptions and Practices of the Adult Population in Response to SARS-CoV-2 Pandemic in India. *Epidem Int* 2020; 5(2): 10-16.
19. Heena, **Nazli T**, Grover S, Kishore J. Covid 19 Pandemic and “Feeling Depressed”: An Online Survey , *Epidemiology International* (E-ISSN: 2455-7048): Vol. 5 No. 2 (2020): Special Issue on SARS-CoV-2 (COVID-19) - *Epidemiology International*
20. Kishore J, Anand T, Heena, **Nazli T**. Depression during COVID-19 Pandemic in India: Findings from an Online Survey. *Int J Preven Curat Comm Med* 2020; 6(2): 16-21.
21. Khan P, Ahmad S, Rifaqat, **Nazli T**, Raheem A, Afza S. SARS-Cov-2 Pandemic: A Review on Current Evidence and Unani Perspective. *J Integ Comm Health* 2020; 9(2): 1-10
22. Hakeem NA, Quraishi HA, Qasmi M, Raheem A, **Nazli T**, et al. COVID-19- A Management through Traditional Way: A Review. 2020; 2(4):62-73.
23. Jawadul Haq, M Ramesh, M Nizamuddin Ansari, M Komala, Shagufta Parveen, Tamanna Nazli, Abdul Raheem. Socio-demographic profile of Schedule Tribes of five integrated tribal development agency spots at Kurnool, Andhra Pradesh in India. *Epidem Int* 2021; 7(2): 14-19.
24. Abid M, Khan S, Khan N, **Nazli T**, Sajid M. Concept of Zaght al-Dam-Qawi (Hypertension) and its Management Modalities in Unani System of Medicine. *J Integ Comm Health*. 2021;10(1):11-15.
25. Faiyaz Ahmad, Shabana Khatoon, Mumtaz Ahmad, Md Manzar Alam, Hashmat Imam, Shagufta Parveen, Tamanna Nazli, Abdul Raheem, Anirban Goswami, Md Ishtiaque Alam. Socio-demographic and Health Profile of Schedule Castes of Patna, Vaishali and Nalanda Bihar, India. *International Journal of Preventive, Curative & Community Medicine*. 2021; 7(1): 11-19.
26. Amir Faisal Khan, Afshan Qaiser, Yasmin Fatima, Abrar Mohd Khan, Abdul Raheem, Tamanna Nazli, Shagufta Parveen. Demographic Data for SCSP Mobile Health Care Programme Conducted in the Rural Area of Bhopal District, Madhya Pradesh. *International Journal of Preventive, Curative & Community Medicine* (E-ISSN: 2454-325X). 2021; 7(1): 04-10.

27. Abid M, Humera S, Khan S, **Nazli T**, Mahto RR. Effect of Hijamah (Dry Cupping) on Frozen Shoulder: A Case Study. J Adv Res Ayur Yoga Unani Sidd Homeo. 2021;8(1&2):14-17.
29. **Nazli T**, Raheem A, Javed G, Ahmed NZ. Rapid Clinical Resolution of Treatment-Resistant Palmar Psoriasis with a Unani Zulai Preparation: A Long-Term Clinical Outcome. Indian J. Health Care, Med. Pharm. Pract. 2026;7(1):61-66.
28. Jan A, Iqbal A, Shah A, Huma, **Nazli T**, Hamid S. Role of Mechanosensitive receptors (Piezo 1& Piezo 2) in osteoporosis by therapeutic Effects of Wet Cupping. International Journal of Drug Delivery Technology 2026; 16(30): 900-903.

INVITED LECTURES DELIVERED

1. Invited as Guest Speaker to deliver a talk on " Introduction to Pharmacovigilance " in an Awareness cum Sensitization program for nursing students working in Safdarjung Hospital Organized by Peripheral Pharmacovigilance Centre, RRIUM, New Delhi on 19th June 2026, Safdarjung Hospital New Delhi.
2. Invited as a speaker to deliver a scientific talk on "SoPs on Hijama (Cupping therapy) – An Overview" in a National Conference Organized by CCRUM, Ministry of Ayush on 15 February 2026 at Mumbai, Maharashtra
3. Invited as Guest Speaker to deliver a talk on "Introduction to Pharmacovigilance " in a Awareness cum Sensitization program Organized by Peripheral Pharmacovigilance Centre, RRIUM, New Delhi on 29th January 2026 at A & U Tibbiya College, Karol Bagh, New Delhi.

4. Invited as Guest Speaker to deliver a lecture on " Pharmacovigilance " in a PG Orientation program Organized by National Institute of Unani Medicine (NIUM), Ghaziabad, Uttar Pradesh on 2nd December 2025
5. Invited as Guest Speaker to deliver a lecture on "Most common skin conditions in Children" in a 6-day CME program for Teachers Organized by Department of Ilmul Atfal (Paediatrics), School of Unani Medical Education and Research (SUMER), Jamia Hamdard, New Delhi
6. Invited as Guest Speaker to deliver a lecture on 27 February 2025, on “Introduction and significance of pharmacovigilance” during Pharmacovigilance Awareness Programme -2025 organised by Peripheral Pharmacovigilance Centre (PPVC-011) Siddha Clinical Research Unit (Central Council For Research In Siddha, Ministry Of Ayush, Govt Of India) Safdarjung Hospital Campus, New Delhi in association with Dr. B.R. Sur Homeopathic Medical College, Hospital, and Research Centre, Moti Bagh
7. Invited as Guest Speaker to deliver a lecture on 28 February 2025, on “Introduction and significance of pharmacovigilance” during Pharmacovigilance Awareness Programme -2025 organised by Peripheral Pharmacovigilance Centre (PPVC-011) Siddha Clinical Research Unit (Central Council For Research In Siddha, Ministry Of Ayush, Govt Of India) Safdarjung Hospital Campus, New Delhi in association with Nehru Homeopathic Medical College & Hospital, Defence Colony, New Delhi

Photo Gallery



Fig1. Inauguration of the Unani Medical Centre by Then Minister of Ayush, Honbl'e Shri Shripad Yesso Naik



Fig. 2. Unani Medical Centre and Staff

From Left to Right above: Mr Sachin, Mr Malik Nawaz, Mr Mohd Buksh

From Left to Right below: Dr Syed Ahmed Khan, Dr Shagufta Parveen, Dr Tamanna Nazli



Fig 3. From Left to Right: Dr Tamanna Nazli, Dr Syed Ahmed Khan, Dr Zaki Ahmad Siddiqui, Dr Ziaul Haq Siddiqui



Fig. 4 From Left to Right: Dr Pankaj Ranjan, Dr Dr Zaki Ahmad Siddiqui, Dr Jugal Kishore, Dr M Lal, Dr Mohd Tariq, Dr Akila, Dr Tamanna Nazli



Fig.5 Project Team of Study conducted during COVID-19 Pandemic

From Left to Right: Mr Rajesh (DEO), Dr Tamanna Nazli (Co-investigator), Dr Abid (SRF), Dr Jugal Kishore (Principal investigator), Dr M. Sajid (SRF), Ms Heena (Biostatistician)



Fig. 6. Awareness lecture at UMC



Fig. 7. Free Unani medicines Distribution and Awareness Camp at Unani Medical Centre



Fig. 8a. Dry Cupping Therapy at Unani Regiminal OPD



Fig. 8b. Dry Cupping Therapy



Fig.9 MBBS Inters taking Unani Class Session



Fig.10 MBBS Inters taking Unani Class Session



Fig.11. MBBS Interns

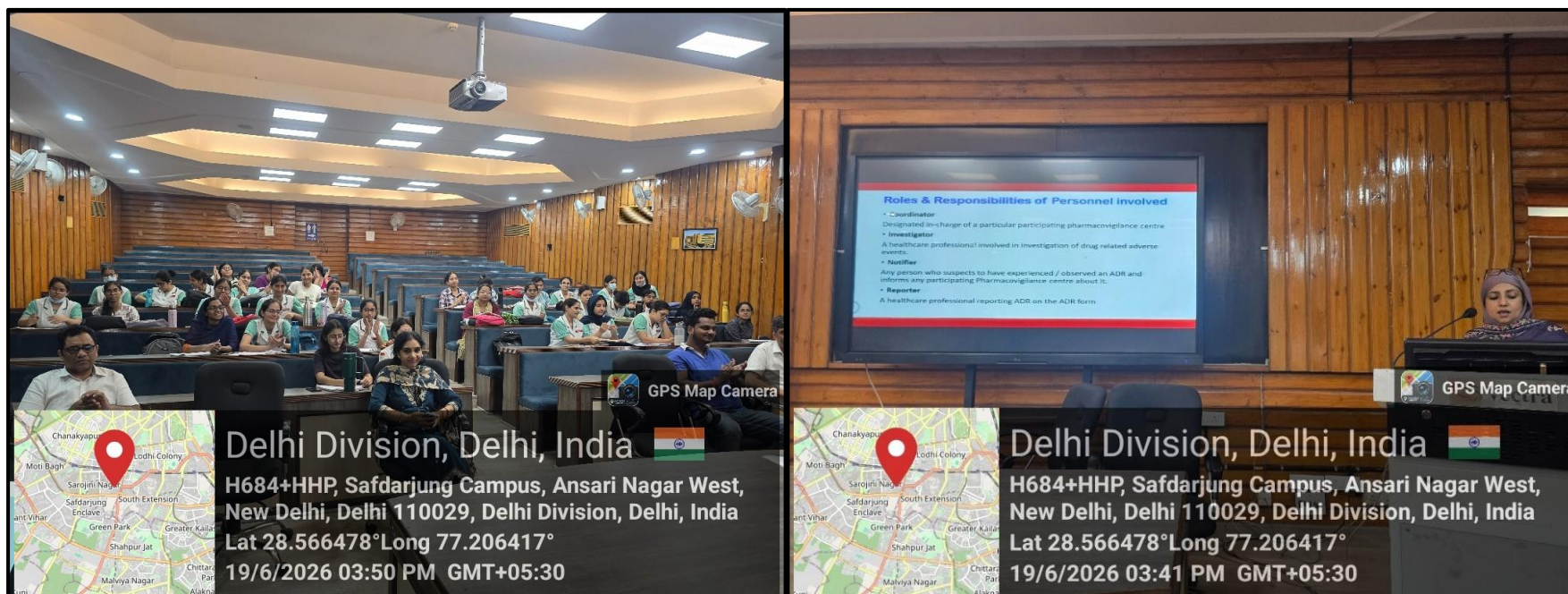


Fig. 12. Lecture by Dr Tamanna Nazli on Pharmacovigilance for Nursing Students of Safdarjung Hospital



Fig. 13. Staff of UMC performing and coordinating Yoga event during International day of Yoga 21 June 2021 at Safdarjung Tomb



Fig. 14 On the occasion of International Museum Day at Old Fort