



Curriculum Vitae

Personal Details

Name	Malik Itrat
Designation	Assistant Professor
Qualification	BUMS, MD (TST)
Present Local Address	Tree Apartment, Herohalli, Bengaluru-91
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Teaching Experience

- Total Teaching Experience: 12 Years, 6 Months
- PG teaching: 11 Years
- UG teaching: 1 Year, 6 Months

Research Area: Preventive Health Care, Public Health, Clinical Epidemiology

Thesis Supervised

Total: 20

- As Guide: 11
- As Co-Guide: 09

Research Projects

- Completed Intramural project entitled "Evaluation of efficacy of Khār-i-khasak (*Tribulus terrestris* Linn.) in preventing the progression of prehypertension to hypertension: A randomized, double blind, placebo-controlled trial". (Submitted in 2020)
- Completed Extramural project entitled "Evaluation of surface disinfection efficiency of vinegar and asafoetida Solution" as Principal investigator, Funded by RGUHS. (Submitted in 2024)

Publications

(A) Book/Chapters in Book

- Authored a Book entitled “Research Methodology and Biostatistics” Published by MedTech Publishers ISBN:978-93-5472-678-1.
- Contributed a Chapter on “Unani Medicine on Healthy Living” in the Encyclopedia of Gerontology and Population Aging edited by Danan Gu and Matthew E. Dupre. Published by **Springer**, Online ISBN: 978-3-319-69892-2.

(B) Papers and Articles

1. Evaluation of a Unani polyherbal formulation (Tiryage wabai) as an immunostimulator in elderly persons. *Anc Sci Life*. 2013 Oct;33(2):119-22.
2. Methods of health promotion and disease prevention in Unani medicine. *J Educ Health Promot*. 2020 Jul 28; 9:168.
3. Patient Satisfaction with Medical Services Provided at Unani Medicine Hospital, Bengaluru: A Cross-Sectional Study. *J Patient Exp* 2020 Dec; 7(6):1432-1437.
4. Public health approach of Unani medicine to cope and stay safe in hot environmental conditions. *J Basic Clin Physiol Pharmacol*. 2021 Mar 15. doi: 10.1515/jbcpp-2020-0296.
5. Efficacy of Khār-i-khasak (*Tribulus terrestris* Linn.) in prehypertension: a randomized, double-blind, placebo-controlled trial. *J Complement Integr Med*. 2021 Mar 31. doi: 10.1515/jcim-2020-0322.
6. Unani medicinal herbs as potential air disinfectants: an evidence-based review. *Rev Environ Health*. 2021. doi: 10.1515/reveh-2021-0087.
7. Effect of Plant-Products Fumigation on Air-Borne Microbes. *Journal of Pharmaceutical Research International* 2021; 33(49A):124-32.
8. Pharmacological Treatment of Upper Respiratory Tract Infections in Unani Medicine: An Evidence-Based Review. *Altern Ther Health Med*. 2022
9. Conceptual Understanding of Preventive Strategies for Metabolic Disorders in Unani Medicine: A Narrative Review. *Altern Ther Health Med*. 2023 Nov;29(8):233-239.
10. Evidence-Based Unani Pharmacotherapeutics for the Treatment of Non-Alcoholic Fatty Liver Disease: A Mechanistic Review. *Altern Ther Health Med*. 2024 Aug;30(8):32-42.
11. Vector-Control Potential of Unani Medicines: A Review of Classical Unani Texts and Contemporary Scientific Literature. *J Vector Borne Dis*. 2024 Jan 29.
12. Unani Medicines for Glycemic Control in Type 2 Diabetes Mellitus: A Systematic Review. *Altern Ther Health Med*. 2024 Jun;30(6):46-51.
13. An Exploratory Review on the Hypoglycemic Action of Unani Anti-diabetic Drugs *via* Possible Modulation of Gut Microbiota. *Curr Drug Targets*. 2024;25(1):1-11.
14. Prevalence, pattern, and perceived benefits of unani medicines usage in diabetes: A patient-based survey at a Primary Health Centre of Bengaluru, India, *Journal of Herbal Medicine*, Volume 35, 2022, 100591, <https://doi.org/10.1016/j.hermed.2022.100591>.

15. Prophylactic efficacy of Unani herbal and herbo-mineral preparations in population at risk of COVID-19 -A randomized controlled prospective field trial. Indian Journal of Traditional Knowledge 2022; 21(1): 97-105.
16. Cardio Protective Approach of Unani Dietotherapy with Special Reference to Avicenna's Risaala Adwiyah Al Qalbiyah. Current Traditional Medicine; 10 (1): 2023.
17. The Sequelae of Sleeping Issues and their Management in Post COVID-19: A Unani and Contemporary Narrative Review. Current Traditional Medicine 2023; 10. 10.2174/2215083810666230822113646.
18. Immunomodulator Drugs in Unani Medicine: Evidence from Preclinical and Clinical Research, Current Traditional Medicine; Volume 10, Issue, Year 2024, e260224227412.

Conferences

1. Presented a Paper entitled "In-vitro and In-situ Evaluation of Polyherbal Unani Formulation's Extract and Fumigation against Air-borne Microbes" in 2nd Annual National Conference of Epidemiology Foundation of India, Organized by Community Medicine & Family Medicine and School of Public Health, AIIMS Jodhpur.
2. International Conference on "COVID 2021 & Beyond" on July 17, 2021, Organized by CETI and IIPH Gandhinagar.
3. International Conclave on "Emerging Frontiers in Health Care and Research", organized by SRIHER in collaboration with Hull University.
4. National Seminar on "Prevention and Control of Non-Communicable Diseases" organized by NIUM, Bangalore.
5. Second National Conference on Mental Health Education, Organized by Department of Mental Health Education, NIMHANS, Bangalore.
6. International conference on Orthopedics and Neuroscience with Unani Trends held at Hyderabad.
7. National Conference on Vector Borne Diseases held at AYUSH Auditorium, New Delhi organized by CCRS.
8. National Conference on Future Prospects of Unani Medicine in the Management of Lifestyle Disorders organized by Aligarh Unani Medical College & Hospital.
9. 1st National Healthcare Quality Conclave (NHQC), Organized by National Accreditation Board of Hospitals and Healthcare Providers.
10. International Conference on Unani Medicine (ICUM) Organized by National Institute of Unani

Medicine.

11. International conference on Ayurveda, Unani, Siddha and Traditional Medicine Organized by Institute of Indigenous Medicine, University of Colombo, Srilanka.
12. National Conference on Unani Medicine Organized by All India Unani Tibbi Congress Bhiwandi Unit.