

Prof. Zarnigar

Name	Zarnigar
Designation	Professor
Qualification	BUMS, MD (Hifzane sehat)
Address	National Institute of Unani medicine, Kottigepalya Magadi main Road, Bangalore, 560091.
Date of birth	21/06/1971
Nationality	Indian
Religion	Islam
Registration certificate number	08066
Teaching Experience	21 years 9 months
PG teaching:	21 years 9 months
UG teaching:	1 Year, 5 Months
Thrust area	Health Promotion, Prevention and Control of Non- Communicable Diseases, Geriatric Care, Nutrition Public Health, Epidemiology

Thesis Supervised Total: 27

Books published 02

Research Papers / Review papers published in indexed and peer reviewed journals

1. **Zarnigar** and Arshi Riaz, “Status of physical exercise and its association with obesity and hypertension in two urban areas of Aligarh” Cureal Journal of Unani medicine, A scientific/research quarterly vol. III-October-December 2005, Hyderabad, India p.no 12-14. RNI No APENG /2002/9091.
2. **Zarnigar** and Arshi Riaz, Weight reduction by exercise, Journal of Indian medicine and Homeopathy, Arumbakkam, vol 7-9, No 2, Oct 2007-Sept 2009. Chennai. P.no 47-50.
3. **Zarnigar**, Md Anwer Alam “Clinical efficacy of leech therapy in varicose ulcer- A case series” Unani research, vol. 1 (1), Jan. 2011, Phcog.Net, p. no 31-38. ISSN NO 2231-2544.

4. **Zarnigar** and Arshi Riaz “Clinical efficacy of Al Hijamah (cupping) in wajaul mafasil muzmin (osteo arthritis), Indian journal of traditional knowledge. Vol. 10(2), April 2011, pp. 327-329, ISSN: Print 0972-5938, Online 0975-1068.
5. **Zarnigar** and Arshi Riaz, Physical growth and nutritional status of schoolboys, Hippocratic journal of unani medicine, 6(2):41-48, 2011. ISSN: 0974-1291
6. **Zarnigar**, Md Anwer Alam, Effect of *Taleeq* (Leech therapy) in *Dawali* (Varicose veins)” journal of Ancient science of life, vol 30, No3 (2011, 84-91. ISSN: Print 0257-7941, Online 2249-9547 **Indexed**.
7. Mohd. Usman, **Zarnigar**, M. Zulkifl, Emerging trends of *Ziqun Nafas Shobi* in females at Padrayanpura Bangalore an epidemiological study, Unani research vol. 1 (2), July- Dec. 2011, Phcog.Net. p.no 47-49. ISSN: 2231-2544.
8. **Zarnigar** and Arshi Riaz, Clinical evaluation of Nigilla Sativa (Shooneez) and Vinegar in Melasma, Hippocratic journal of unani medicine, vol6(4):145-149, 2011. ISSN: 0974-1291
9. **Zarnigar**, Abdul Rahman, “Role of *dalak* (massage) and *riyazat* (exercise) in the rehabilitation of patients with post stroke hemiplegia” Indian Journal of Traditional Knowledge Vol. 11 (4), October 2012. P.no 738-744. ISSN: Print 0972-5938, Online 0975-1068. **Indexed. Impact factor 1.273.**
10. Md Hashmat Imam, **Zarnigar**, Ghulamuddin Sofi. Evaluation of mosquito larvicidal effect of Nagarmotha (*Cyperus rotundus*) extracts against *Aedes aegypti* larvae. International journal of green pharmacy. March- January 2013. Pp 37-40. ISSN: Print ;0973-8258, Online 1998-4103 **Indexed**.
11. **Zarnigar**, Malik Itrat. “Evaluation of a Unani Polyherbal formulation (*Tiryaq Wabai*) as an Immunostimulator in Elderly Persons”. Journal of Ancient science of life. 33(2). Oct-Dec. 2013. P.no 117-120. ISSN: Print; 0257-7941, Online 2249-9547.
12. Md Hashmat Imam, **Zarnigar**, Ghulamuddin, Mosquito larvicidal efficacy of Storex (*Liquidamber orientalis*) against *Aedes aegypti* L. larvae. Journal of natural remedies vol (12) july 2013. P.no 105-108. ISSN: Print 0972-5547, online; 2320-3358.
13. Md Hashmat Imam, **Zarnigar**, Ghulamuddin, Shaikh Aziz. The basic rules and methods of mosquito rearing (*Aedes aegypti*). Tropical parasitology, vol 4(1), Jan 2014. 53-55. ISSN: 2229-5070..
14. Malik Itrat , Arshad Jamal. **Zarnigar**, M.A. Siddiqui, A review of contraceptive drugs described in Unani literature. Journal of biological and scientific opinion, vol 1 (3),278-281, 2013. ISSN: 2321– 6328 **Indexed**.

15. Md Hashmat Imam, **Zarnigar**, Mohd Azhar Ghulamuddin, Azad Husain, Sweet flag (*Acorus calamus* linn): An incredible medicinal herb. International journal of green pharmacy. October – December 2013. 288-296. ISSN: Print; 0973-8258, Online; 1998-4103 **Indexed. Impact. factor** 0.63.
16. Malik Itrat, **Zarnigar**, N. Haque “Concept of Aging in Unani Medicine”, International Journal of Research in Ayurveda and Pharmacy. (4)3, May- June 2013. P.no 459-462. ISSN 2229-3566. **Indexed.**
17. Malik Itrat, **Zarnigar**, N. Haque “Historical Aspect of Leech Therapy- A Critical Review” International journal of Health Sciences and Research, Volume 3, Issue 7, July 2013: 78-83. ISSN: **2249-9571**
18. Malik Itrat, **Zarnigar**. “Aloe vera: A review of its clinical effectiveness”. Int. Res. J. Pharm. 4(8) 2013. P.no 75-79. ISSN: 2230-8407. **Indexed. Impact. factor 0.751**
19. Malik Itrat, **Zarnigar**, A.H.Ansari, M. Arshad Jamal. “A Critical Review on Therapeutic Application of Dal’k (Massage)”. American Journal of pharmacy and Health research, Volume 1, Issue 7, 2013. ISSN: 2321-3647. **Indexed. Impact. Factor 0.678.**
20. Mohammad Azhar, **Zarnigar**, Malik Itrat. “Garlic and Cardiovascular Diseases- A Critical Review”. Universal Journal of Pharmacy, 02(04) 2013: 23-27. ISSN: 2320-303X **Indexed. SJIF 4.195**
21. Malik Itrat, **Zarnigar**, M. A. Siddiqui. Concept and management of obesity in Unani medicine. International journal of basic medicine and clinical research.1 (2); July 2014. P.no 45-51. ISSN: 2349-2775 **Indexed.**
22. Hashmat Imam, **Zarnigar**, G. Sofi, Mosquito larvicidal efficacy of *Acorus calamus* extract against *Aedes aegypti* L. Larvae, Asian pacific journal of tropical disease,4 (1) S181-S185, 2014. ISSN: 2222-1808 **Indexed.**
23. **Zarnigar**, Abdul Rahman, Malik Itrat. “Effect of *Dalak* (Massage) in the Rehabilitation of patients of *Faliye nisfi* (Hemiplagia)” journal of pharmaceutical and scientific innovation.3 (4); July- August 2014, 324-327. ISSN: 2277-4572 **Indexed.**
24. Hashmat Imam, **Zarnigar**, G. Sofi, Seikh Aziz, Azad Lone. The incredible benefits of Nagarmotha (*Cyperus rotundus*). International journal of Nutrition, pharmacology, Neurological diseases. 4(1) January- March 2014. P.no 23-27. ISSN: 2231-0738 **Indexed.**
25. Basharat Rashid, **Zarnigar**. Evaluating the role of *Majoone Falasfa* (Herbal formulation) in health promotion of elderly: A randomized single blind placebo-

- controlled study. American Journal of pharmacy and health research. 2(8). 2014. P.no 213-223. ISSN: 2321-3647. **Indexed. Impact factor 0.678.**
26. Basharat Rashid, **Zarnigar**. Evaluating the efficacy of Majoone Falasfa (Herbal formulation) in senile Dementia: A randomized single blind placebo controlled prophylactic trial. International journal of universal pharmacy and bio sciences. 3(4). July- August 2014. 50-60. ISSN: 2319-8141. **Indexed. Impact. Factor 1.893**
27. Basharat Rashid, **Zarnigar**, Peerzada Mohd Younis, S. Javed. Unani concept of physiological changes of Ageing. International journal of institutional pharmacy and life sciences. Feb 2015. 110-118. ISSN: **2249 – 6807. Indexed.**
28. Basharat Rashid, **Zarnigar**, Peerzada Mohd Younis, Malik Itrat, Mohd Tariq. Review of *Majoone Falasfa*- A Unani formulation. The pharma innovation journal. 3(12). 2015. 83-88. ISSN: 2277-7695. **Indexed. Global impact factor 0.565**
29. Ishtiaq Alam, Hashmat Imam, **Zarnigar**. Cancer preventing spices. Journal of Cancer Metasis and Treatment, 1(1) April 2015. ISSN: Print; 2394-4722, Online; 2454-2857. **Indexed.**
30. Alia Parveen, Mohd Saqlain, **Zarnigar**. Unani medicine-A guiding tool for the management and control of Hypertension. World journal of pharmaceutical research, 2015vol 4 (11), 654-662. ISSN: 2277-7105. **Indexed. SJIF 5.990**
31. Alia perveen, Mohd Saqlain, **Zarnigar**. Cardiovascular diseases and its prevention in Unani system of medicine. American journal of pharmtech research 2015, 5(5) , 257-263. ISSN: 2249-3387. **Indexed. Global impact factor 1.123.**
32. Mohd Akmal, **Zarnigar**, Basharat Rashid. Evaluation of Chale Neem (*Azadirachta Indica*) as an immunomodulator in elderly persons: A single blind randomized placebo-controlled study, Research and reviews: A journal of pharmacology 2016, 6(3), 48- 52. ISSN: Print; 2349-1299, Online; 2230-9861.
33. **Zarnigar**, Afroza Rehman. Prevalence of Anaemia among school going Adolescent Females in the field practice area of niium Bangalore. Unani medicus An International journal, 3(1), Jan- Dec. 2016, 85-93. ISSN: 2230-8083.
34. Mohammad Azhar, **Zarnigar**, Sofi G, Mohammad Yasir. Role of Badranjboya (Nepata hindostana) in the prevention of atherosclerosis single blind randomised controlled clinical trial. International journal of current research. Feb 2017, 9(02), pp46206-46212. ISSN: 0975-833X. **Indexed. SJIF 7.086**

35. Alia perveen, Mohd Saqlain, **Zarnigar**. Risk factors management of CVDS with Unani system of medicine, European journal of pharmaceutical and medical research, 2017, 4(4),648-651. ISSN: 2394-3211. **Indexed. SJIF 4.161.**
36. Mohd Aslam, Basharat Rashid, **Zarnigar**, Malik Itrat, Akhtar Ali, Shahwev Alam. Description of Amraze Gosh in Unani and modern perspective. Research and reviews journal of Unani, Siddha, and Homeopathy, 2017 4(1), 31-38. **Indexed.** ISSN: 2394-1960
37. **Aliya Perveen, Zarnigar**, Aabresham (Bombyxmori): A boon to medical science for the prevention of atherosclerosis. Indi American journal of pharmaceutical research, 7(09) 2017. P.no 496-500. ISSN; 2231-6876, indexed. **Impact factor 4.587.**
38. **Aliya Perveen, Zarnigar, Mohd Saqlain**, A glimpse on the concept of atherosclerosis & cardiovascular diseases in Greeco-Arab medicine. World Journal of Pharmaceutical and Medical Research. 2017 3(7) 275-277. ISSN; 2455-3301, **Indexed. Impact factor 4.103**
39. **Aliya Perveen, Zarnigar**. Protective effect of Aabresham (Bombyx Mori) against Atherosclerosis. International journal of Ayurvedic and herbal medicine 8(1); 2018. 3069-3078. 2249-5746. **Indexed, Impact factor4.415.**
40. Abdul Aziz Rizwana, MHM Hafeel, **Zarnigar**. Unani concept of prevention and control of lifestyle disorders: A literature review. American journal of pharmatech research 8(3), 2018. ISSN: 2249-3387. **Indexed, impect factor 0.983**
41. **Zarnigar**, Tabiyat aur Makool-wa-Mashroob, Jahan-e-Tib, vol 4, Jan –June 2003, CCRUM, New Delhi. ISSN: 0974-1372
42. Arshi Riaz, **Zarnigar**, Khalid Zaman, Malik Wamiq Amin, Istafragh Bazariya qai, Jahan-e-tib, vol 7(2), Oct –Dec 2005, CCRUM, New Delhi. ISSN: 0974-1372
43. Arshi Riaz, **Zarnigar**, Istafragh Bazariya ishal, Jahan-e-tib, vol 11(1), July–Sept. 2009, CCRUM, New Delhi. ISSN: 0974-1372
44. Malik Itrat, Tariq Nadeem Khan, Zar Nigar, Mohd Zulkifle. Epidemic containment measures in Unani medicine and their contemporary relevance. Journal of Indian System of Medicine 8(4): 2020; 84-90. ISSN: 2455-5029.
45. Zarnigar, Saba Khan. The Effect of *Bergenia lingulata* WALL in prediabetes: A randomized single-blind placebo-controlled study. International Journal of Pharmaceutical Research, Jan - Mar 2022, Vol 14, Issue 1. P.no. 161-164. ISSN 0975-2366. DOI: <https://doi.org/10.31838/ijpr/2022.14.01.024>

46. Zarnigar, Nida Talat. Effect of integrative Unani personalized regimen in reducing risk factors of Metabolic Syndrome. A randomized open-labeled controlled clinical study. International Journal of Green Pharmacy Apr-Jun 2022, 16 (2), 159-171. ISSN: 1998-4103. DOI: <https://doi.org/10.22377/ijgp.v16i2.3250>
47. Chand Bibi, Zarnigar. Contributing factors for skin aging in Allopathic and Unani literature: A review. Journal of research in Unani medicine Vol. 9 issue 1 Jan- June 2020.
48. M.F.M Fahim, Zarnigar. Effect of Prepared herbal mouthwash in maintaining the Oral Health of School Children: A single-blind randomized control trial. Explore. Volume 20, Issue 4, July–August 2024, Pages 535-543. doi.org/10.1016/j.explore.2023.12.003
49. Arshi Riaz, Sana Akhtar, Zarnigar. Asbabe Wajoode Insani: An exploration of Existential causes- A conceptual analysis. Unani medicus, January- Decembe 2023. 6(1), 7-10.
50. Chand Bi Bi, Zarnigar. Clinical evaluation of a Topical Unani Polyherbal Formulation in the management of photodamaged facial skin: An open label standard-controlled trial. Alternative Therapies in health and medicine. March 2024 - VOL. 30, NO. 3.
51. Chand Bi Bi, Safdar Husain, Zarnigar. Nutritional and Therapeutic Values of Cow Milk: A Comprehensive Review. Journal of Drug Delivery and Therapeutics, 2024; 14(5):180-184. Available online on 15.05.2024 at <http://jddtonline.info>.

Articles published

1. **Zarnigar**, Mukhtalif Mausamiyat aur Tahaffuzi Tadabeer, Al Shifa, Feb 2002 Aijaz Publishing House, New Delhi. P. No 22-25.
2. **Zarnigar**, Dimaghi aur Samaji Sehat Ki Tahafuuzi Tadabeer, Al Shifa, December 2002 , Aijaz Publishing House, New Delhi. P. No 23-26.
3. **Zarnigar**, Istaphragh Bazariya Ishal Bataur Hifze-ma-Taqaddum, Faisal Hind, Oct-2003, Delhi-2. P. No 18-20. Reg. No: DELURD/2002/06334.
4. **Zarnigar**, Tadabeer-e-Mashaiq, Nawa-e-Tib-o-Sehat, Jan to March 2003, Allahabad. P. No: 18-20. ISSN: 2348-9669.
5. **Zarnigar**, Baccho Ke Makhsos Amraz aur Unki Tahaffuzi Tadabeer, Faisal Hind, Dec. 2003, Delhi-2. P. No:13-16. Reg. No: DELURD/2002/06334

6. **Zarnigar, Tadabeer-e-Molood**, Nawa-e-Tib-o-Sehat, April to June 2003, Allahabad. P.No:14-19. ISSN: 2348-9669.
7. **Zarnigar**, Hifz-e-Pa, Foot Care, Faisal Hind, Feb -2004, Delhi-2. P.No7-9. Reg. No: DELURD/2002/06334.
8. **Zarnigar**, Chai (Tea) Ki Afadiat Aur Muzarrat, Nawa-e-Tib-o-Sehat july –Sept 2003, Allahabad. P.No 25-27. ISSN: cx 2348-9669.
9. xArshi Riaz, Khalid Zaman, **Zarnigar**, Istaphragh Bahasiyat Usooley Ilaj, Nawa-e-Tib-o-Sehat, July to Sept 2004, Allahabad. P.No 35-37. ISSN: 2348-9669.
10. Arshi Riaz, Khalid Zaman, **Zarnigar** Aqsame mushil aur Unka Noiyat-e-amal, Faisal Hind, April 2006, Delhi-2. P.No. 42-45. Reg. No: DELURD/2002/06334.
11. Zarnigar, Arshi Riaz. Hammam- A review, proceedings international conference on Unani medicine 8-11 Feb 2005. CCRUM New Delhi.

Conferences/Seminar

S.No.	Title of the Paper presented	Title of Conference/ Seminar	Organized by	Whether International/ national
1	Child Care and its Importance	National Symposium on Hifzan-e-Sehat-wa-Samaji Tibb	D/o. Hifzan-e-Sehat-wa-Samaji Tibb, AKTC A.M.U 29 th -30 th September 1999.	National
2	Preventive effects of Breast Feeding.	International Conference on Unani System of Medicine	Niamath Science Academy, Chennai, India. 28 th -29 th October 2000	International
3	Weight reduction by Exercise.	International Conference on Good Health in New Millennium Through Unani	AKTC, AMU, Aligarh. Sponsored by dept. of Indian system of	International

		system of Medicine	medicine & Homeopathy. Ministry of health and family welfare (Govt. of India, New Delhi) 29 th -31 st May 2001	
4	Moujuda Dour Main Insani Sehat par Mahouliyati Aaloodgi Ke Asarat aur unki tahaffuzi tadabeer	National seminar on “Relevance of Unani Medicine in the present Health Scenario	Usmania Academy Allahabad. 25 th August 200.1	National
5	Clinical evaluation of Nigilla Sativa(Shooneez) and Vinegar in Melasma	1 st National Seminar on Moalejat	Department of Moalajat, Faculty of Unani medicine, AMU, Aligarh. 10 th -11 th February 2002.	National
6	Physiological effects of Lactation on Mother	National Seminar on Munafuel Aaza	Dept. Of Tashreeh wa Munafuel aaza. Faculty of Unani medicine. AMU, Aligarh April 6-7 2002.	National
7	Mutaddi wabai Amraz se Tahaffuz ke			National

	Liye Hidayaat-e-Nabvi	National Seminar on Tibb-e-Nabvi	Unani medicine development academy & national institute of Islamic medicine, AP Chapter. 12 th -13 th October 2002 at Hyderabad	
8	Importance of Exercise in present Health Scenario	National conference on need based physical education and sports in India	Deptt. Of Physical Health and sports Education, AMU, Aligarh. 25 th –27 th October 2002	National
9	Nutrition, Brain and Environment, how to have smarter Babies	National Seminar on Amraz-e-Niswan	P.G. Deptt. of Qabalat-wa-Amraz-e-Niswan A.K.T.C, A.M.U, Aligarh 27 th -28 th March 2004	National
10	Importance of food for healthy living	National Seminar on Hifzane Sehat	Deptt. Of Hifzan-e-Sehat wa Samaji Tibb. A.K.T.C, A.M.U, Aligarh 5 th –6 th October 2004	National
11	Hammam-Prevention and Cure”- A review	International Conference Unani medicine	Central council for research in Unani medicine, under the aegis of Dept. of AYUSH, Ministry of health and family	International

			welfare, Govt. of India. 8 th –11 th February 2005	
12	Preventive and Therapeutic effects of Turmeric.	International Seminar on Hifzan-e-sehat aur maholiat	Deptt. Of Hifzan-e-Sehat wa Samaji Tibb. A.K.T.C, A.M.U, Aligarh 29 th –30 th March 2005	International
13	Stress-effect and management by regimenal therapy	National conference on unani system of medicine, 2006	Z.V.M Unani medical college & Hospital, Pune 21 st to 23 rd jan 2006	National
14	Assessment of Physical Growth and Nutritional Status of GSPU School Children Hosahali, Bangalore.	National Seminar on Kulliyat	Dept. of Kulliyat, AKTC, AMU, Aligarh. 3,4, December 2005.	National
15	Clinical evaluation of Hijamat (Cupping) in wajual Mafasil (Osteo Arthritis).	International Conference on Holistic approach of Unani Medicine in Lifestyle diseases	PG. Dept. of Kulliyat. Faculty of Unani Medicine AKTC, AMU, Aligarh. 5 th to 7 th November 2007.	International

16	Prevention of cardiovascular diseases	National conference on Indian medicine	Maqbool social health & education society Aligarh. 12 &13 April 2008	National
17	Osteoporosis and menopause	Women's medicon 2008 National seminar on Amraze niswan	Dept. of Qabalat wa Amraze niswan, AKTC. Faculty of Unani medicine, AMU Aligarh. 19& 20 December 2008.	National
18	Control of emotions and restoring harmony	TSTCON-2017 National seminar on Depression. Holistic and integrated approach in its management.	Dept. of Tahaffuzi wa samaji tib, Faculty of Unani medicine. AMU Aligarh. 7-8 April 2017.	National