



Dr. Asrar Ahmed

Senior Domain Expert (Unani) at Shri Krishna AYUSH University, Haryana

Unani medicine is a traditional system of healthcare based on the principles of balance and harmony within the human body. Originating from the teachings of ancient Greek physicians and further developed by Arab and Persian scholars, Unani medicine emphasizes the prevention and treatment of diseases through natural remedies, diet, lifestyle modification, and herbal formulations. It is founded on the concept of maintaining equilibrium among the body's humors and focuses on holistic care, aiming to restore health by addressing physical, mental, and environmental factors. Today, Unani medicine continues to play an important role in integrative healthcare and public health systems in many countries, including India.

Dr. Asrar Ahmed is a distinguished Unani medical professional with over three decades of extensive experience in patient care, healthcare administration, and public health services. Dedicated to delivering safe, efficient, and patient-centered care, he has made significant contributions to the field of Unani medicine through clinical practice, academic engagement, and healthcare management.

He completed his Bachelor of Unani Medicine and Surgery (BUMS) from Delhi University in 1990 and later earned a Bachelor of Laws (LLB) from Delhi University in 1994. Further strengthening his academic credentials, he pursued his postgraduate degree MD in Ilmu Advia-Pharmacology from Jamia Hamdard, New Delhi, in 2007 as an in-service candidate.

Dr. Ahmed served as a Unani Medical Officer in the Department of AYUSH, Government of Haryana, from April 1994 to August 2022, rendering dedicated service for nearly 28 years. During his tenure, he managed and treated more than five lakh OPD patients, demonstrating vast clinical expertise and commitment to public healthcare. He actively participated in extensive COVID-19 duties during the pandemic and played an instrumental role in organizing AYUSH health camps in accordance with government initiatives.

In addition to his clinical responsibilities, Dr. Ahmed contributed to healthcare administration as a member of the Purchase Committee of the Department of AYUSH, Government of Haryana. Currently, he is serving as a **Senior Domain Expert (Unani) at Shri Krishna AYUSH University, Haryana**, where he continues to contribute his knowledge and experience to academic and professional advancement.

Known for his analytical approach, critical thinking, decision-making skills, and interdisciplinary team coordination, Dr. Asrar Ahmed remains committed to advancing quality healthcare and strengthening the practice and promotion of Unani Medicine.

Expertise:

Successfully treated patients of Gastrointestinal, Respiratory, Reproductive, Musculoskeletal, Hair and Skin related ailments of Adults as well as infants etc.

Publications:

1. **Ahmed, Asrar.** Ahmad, Mohd Aftab., Akhtar, Mohd. Asif, Mohd. Bano, Uzma. Physicochemical standardization of *Maghz-e-Pambadana* (kernel of *Gossypium herbaceum* L.). *Hippocratic Journal of Unani Medicine*. 2026; 21(1).
2. **Ahmad, Asrar.** Ahmad, Mohd. A., Akhtar, Mohd. Asif, Mohd. Bano, Uzma. Evaluation of Nephroprotective Activity of *Maghz-e-Pambadāna* (Kernel of *Gossypium herbaceum* L.) in Gentamicin-induced Nephrotoxicity. *Hippocratic Journal of Unani Medicine*. 2024, 19 (3).
3. Parveen, Uzma. Ahmed, Urooj, **Ahmed, Asrar**, Bano, Uzma. Clinically Significant Improvement in a Case of Chronic Diarrhea with Unani Medicines: A Pediatric Case Study. *Hippocratic Journal of Unani Medicine*. 2024; 19 (4).
4. Uzma Bano, Mohd Akhtar Siddiqui, Fassih uz zaman, Shazia Jilani, Javed Jameel, Benish Aslam, Usman Akhtar, **Asrar Ahmad**, Mohd Aasif, Inaamul Haq. A randomized controlled clinical trial on the effect of Bukhoor (herbal medicated steam), a Unani system of regimen, in the management of Lumbosacral Prolapse of Intervertebral Disc (PIVD). *Indian journal of traditional knowledge*. 2018; 17(2) 0975-1068.
5. Uzma Bano, Azher Jabeen, **Asrar Ahmed**, Akhtar Siddiqui. Concept of prolapsed Lumbo sacral Inter-Vertebral Disc (*Hadbah*) and its Management in Unani Medicine. *Indo American Journal of Pharmaceutical*. 2017; 5(3) 2231-6876.
6. Uzma Bano, Akhtar Siddiqui, Azher Jabin, Faseeh uz zaman, **Asrar Ahmed**, Shafia Mushtaq Therapeutic Uses of *Vitexb nigundo*. *World Journal of Pharmaceutical Research*. 2017; 12(5) 2277-7105.

Glimpses of the some activities organised by Dr. Asrar Ahmed at Shri Krishna AYUSH



