**Brief Resume**

**Dr SHAMEEM AHMAD RATHER**

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Date of birth: 05 Nov. 1976

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**OBJECTIVE:**

To pursue a carrier in teaching, research and administration in the area of Unani Medicine.

**EDUCATION**

* B.U.M.S from the University of Calcutta. (1998 – 2004)
* M.D. (Moalajat) from NIUM, Bangalore. (2008 – 2011)

 **FACULTY POSITIONS HELD**

* FEB. 2005 – DEC. 2013: Lecturer and Reader and HOD, in the Department of Moalajat at Institute of Asian Medical Sciences Zakura Srinagar
* DEC.2016 - TILL DATE: Working as Reader in the Post Graduate Department of Moalajat at Regional Research Institute of Unani Medicine Srinagar

**HOSPITAL POSITIONS HELD**

* 2012– 2013: Incharge / Deputy Medical Superintendent of the Institute of Asian Medical Sciences Hospital Zakura
* 2013- 2016: Medical Officer (NHM) J&K Health Services

**TEACHING RESPONSIBILITIES**

* Dec. 2011- Dec. 2013: H.O.D. of Moalajat at I.A.M.S. Zakura Srinagar.
* Instructor Ilaj Bit Tadbeer – Directorate of lifelong learning (DLL) University of Kashmir
* 2016- Till Date: Clinical Teaching in Classes, Wards and O.P. D’s.
* Ilaj Bil Tadbeer in wards and classes

**AS RESEARCH GUIDE**

* Guided 03 scholars in their research work. (01 Awarded degree and 02 Thesis submitted)
* Guiding 07 M.D Scholars in the Department of Moalajat at RRIUM, Srinagar.

**As Co- Guide:**

* (06) Six M.D. scholars in the department of Moalajat. 03 Awarded degree 02 Thesis submitted.

**SPECIAL NATIONAL RESPONSIBILITIES**

* 2018- Till date - Coordinator Peripheral Pharmacovigilance Centre at Regional Research Institute of Unani Medicine Srinagar

**SPECIAL ADMINISTRATIVE/ACADEMIC RESPONSIBILITIES**

* Member Board of PG Studies in Unani Medicine at University of Kashmir
* Member Departmental Research Committee, Department of Moalajat RRIUM Srinagar
* Member NABH Committee
* Assisting in Organising and Conducting Institutional Ethics Committee for the Approval of Synopsis in the Department of Moalajat
* As an Expert member (Unani) in the panel of examiners for conducting Examinations of BUMS level by University of Kashmir
* As an Expert member (Unani) in the panel of examiners for conducting Examinations of BUMS level by university of kolkatta and Madhya Pradesh.

**SPECIAL TRAININGS**

* Three Days Regiminal Therapy Workshop at Calicut Unani Hospital and Research Center.
* Emergency Room Trauma Course (Twice) at Directorate of Health Services at Regional Institute of Health and Family Welfare (RIHFW) Dhobiwan

**PUBLICATIONS**

Publications in Referred Journals

1. **Rather Shameem Ahmad** , Ansari Abdul Nasir, Siddiqui Mansoor Ahmad, Sherwani Arish M.K.Therapeutic evaluation of *'safoof daroonaj* with honey water' in management of *'suqoote qalb imtilai'* (congestive cardiac failure) Asian J Med Cli Sci |Sep - Dec 2012 |Vol-1 | Issue- 3
2. **Rather S.A.,** Ansari A.N, Dar P.A, Siddiqui M.A***.*** A Concise Review Study of Borage (*Borago officinalis*) Research & Reviews: A Journal of Life SciencesISSN: 2249-8656 (Online), ISSN: 2348-9545 (Print) Volume 7, Issue 1
3. **Rather S.A.,** Ansari A.N, Dar P.A, Siddiqui M.A***.*** DAROONAJ AQRABI -A review, TANG / [www.e-tang.org](http://www.e-tang.org). 2017 / Volume 7 / Issue 4 /
4. **Shameem Ahmad Rather**, Abdul Nasir, Parvaiz Ahmad Dar and Dr. Arsheed Iqbal REVIEW ON RIYADAT (EXERCISE) - A FORGOTTEN REGIME ejpmr, 2018, 5 (8), 254-255 SJIF Impact Factor 4.897
5. **Shameem Ahmad Rather**, Amanulla Haji, Altaf Hussain Shah etal.Clinical Study on the Management of Huzaz/Abria (Dandraf) With A Pharmacopeal Formulation of Unani Medicine And Its Cosmetic Evaluation. Ancient science of life, Vol. 29, No. 2 (2009) pages 24 – 27
6. Shabir Ahmad Bhat, **Shameem Ahmad Rather,** Naquibul Islam. “Garlic” A simple view to control hypertension: Acase Study. World Journal of Pharmaceutical Research. Vol. 8, Issue 4, 914-920.
7. Syed Sabahat Ashraf, Naquibul Islam, **Shameem Ahmad Rather** etal. A study on medicinal plants and attitude of women towards use of Unani Medicine in District Srinagar of Kashmir valley, J&k. Journal of Herbal Medicine Research, 2018, 3:26
8. Mohammed Sheeraz, Seema Akbar, Huma, **Shameem Rather,** etal. Therapeutic Evaluation of Efficacy of Nutool Therapy in Insomnia- A Case Study. International journal of Unani and Integrative Medicine 2018; 2(2): 01-04
9. Arsheed Iqbal, Arjumand Shah, Haider Ali, **Shameem Ahmad Rather**. Effect of Leech therapy in the management of Psoriasis.Journal for research in traditional medicine. Vol. 4, Issue 1, Jan – Feb 2018, 16-20.
10. Md Sheeraz, Naquibul Islam, Abdur Rasheed, Arsheed Iqbal, **Shameem Rather**, etalRational approach towards the role of *Kalawnji* (Nigella Sativa linn) in *Marz - e - Akyas Khusyatur Rehm* (Polycystic Ovarian Syndrome)- A Review Indo American Journal of pharmaceutical Research. 2018: 8 (05).
11. Haider Ali Quraishi, Naquibul Islam, Md.Sheeraz, Arsheed Iqbal, **Shameem Ahmad Rather,** etal. HYPOGLYCAEMIC EFFECT OF GILO (Tinospora cordifolia): A SYSTEMATIC REVIEW STUDY. Indo American Journal of pharmaceutical Research. 2018: 8 (07)
12. Nahida Rashid, Pervaiz Ahmad Dar, Hakeem Naseer Ahmad and **Shameem Ahmad Rather.**  Alsi (*Linum Usitatissimum* (Linn.): A potential multifaceted Unani drug. Journal of Pharmacognosy and Phytochemistry 2018; 7(5): 3294-3300
13. Athar Parvez Ansari , Pervaiz Ahmad Dar, **Shameem Ahmad Rather.** Therapeutic Effect of Inkibab (Steam application) and Hijama Muzliqa (Massage cupping) in case of Waj al-Zahr (Nonspecific low back pain) - A Case Report Journal of Ayurvedic and Herbal Medicine 2018; 4(4): 150-153
14. Pervaiz Ahmad Dar, G. Sofi, **Shameem Ahmad Rather**. Synergy and Polyvalent Action in Unani Formulations: A Review Journal of Herbal Medicine IN PRESS
15. Shabir Ahmad Bhat, **Shameem Ahmad Rather,** Naquibul Islam. “Garlic” A simple way to control Hypertension: A case study. World Journal of Pharmaceutical Research. Vol 8, Issue 4, 2019
16. Shabir Ahmad Bhat, **Shameem Ahmad Rather,** Arshid Iqbal, Immunomodulators for curtailing COVID – 19: a positive Approach. Journal of Drug Delivery and Therapeutics.2020; 10(3-s):286-294
17. Shabir Ahmad Bhat, **Shameem Ahmad Rather.** Medicinal Benefits and scientific justification of *Commiphora Mukul (Muqil):* A review. Journal of Drug Delivery and Therapeutics.2021; 11(1-s):170-172
18. Shabir Ahmad Bhat, **Shameem Ahmad Rather.** Cognizance of Halela (Terminalia Chebula) in Unani System of Medicine. Indo American Journal of Pharmaceutical sciences, 2021; 08(05)
19. Shabir Ahmad Bhat, **Shameem Ahmad Rather.** An overview of benign prostatic hyperplasia and its appreciation in Greeco-arab (Unani) system of medicine. AJUR411\_Proof. 3 June. 2/10
20. Shabir Ahmad Bhat\*, **Shameem Ahmad Rather**. Risk of Benign Prostatic Hyperplasia with Reference to Socioeconomic Status: A Brief Study. Indo American Journal of Pharmaceutical Research.2021:11(06).
21. Shabir Ahmad Bhat, **Shameem Ahmad Rather,** Naquibul Islam. Efficacy of a polyherbal formulation in the management of benign Protatic Hyperplasia, A randomised clinical trial. International Journal of Advances in Medicine. 8,9,2021
22. Syed Sabahat Ashraf, Naquibul Islam, **Shameem Ahmad Rather**, Shabeer Bhat and Bilal Ahmad Bhat.A Study on Medicinal Plants and Attitude of Women’s Towards Use of Unani Medicine in District Srinagar of Kashmir Valley, J&K State.JHMR 2018, 3:26
23. Shiekh Zahoor Ahmad\*, Arsheed Iqbal, Haider Ali Quraishi, Afroza Jan, Naquib ul Islam, **Shamim Ahmad Rather.** Clinical Evaluation of Mizaj (Temperament) in Patients of Hypothyroidism. Sch Int J Tradit Complement Med, Feb, 2021; 4(2): 15-18
24. Shiekh Zahoor Ahmad\*, **Shameem Ahmad Rather,** Arsheed Iqbal, Asma Afzal and Huma. Clinical study to assess the temperament(mizaj) of patients with different metabolic diseases attending the outpatient department of rrium srinagar…an open study. Vol 8, issue 8, 2021.
25. Shiekh Zahoor Ahmad\*, Arsheed Iqbal, Haider Ali Quraishi, Asma Afzal, Afrooza Jan, Naquibul Islam, **Shameem Ahmad Rather**. Clinical Interpretation of Hypothyroidism in Unani Medicine. Haya Saudi J Life Sci, Jan, 2021; 6(1): 5-8
26. Pervaiz Ahmad Dar\* , Nahida Rashid , **Shameem Ahmad Rather** , Farooq A Dar, Shabir A Parray d , I M Tabarak Hussain , Syed Faisal Iqbal. Proactive Pharmacovigilance of Unani drugs; Prospects and Challenge. J Pharmacovigil, Vol. 8 Iss. 4 No: 285

**Signature**