



**Prof.em.Dr.Ather A**  
**Representative for ASIAN countries**  
**European Medical Association**  
Brussels, European Union  
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**Ambassador for RED CROSS**  
**“first aid for mental trauma”**  
**Jury – UNESCO – Sustainable development goals.**

“Dare to make your dream live”!

as

“Life is the journey of soul through the body”.

And

“When you live for others life is full of colors”

Motto of life is “struggle of existence winning leads us to be come a story teller to grandchildren and loosing makes an example for the world to share.

Presently sharing my 2 decades (20 years) of health education in general and gender activism for minority woman experience, the JURY member team for UNESCO 2030 sustainable goals.

My profession as a scientist working with system 4 technologies finding in solution for prevention and management of oxidative stress with non-invasive non drug therapy (HIP –hyper ion plasma) and diagnostic validator tool initiation of blood cell tomography of 15 years of initiation and experience.

Health education, digital photography, cooking, painting, and laughter session with visits to senior homes is a hobby.

Blessed with 12 Phd students from 12 different universities around the globe and 35 masters students with 750 undergraduate students as of now, and I love to share my knowledge further by training one to one basis and look forward to leave the message of sharing is caring.

<b>Name:</b>	<b>Prof.em.Dr. Ather A</b>
<b>Qualification:</b>	<b>Phd – Public health</b>
Email id :	prof.dr.amina.ather@gmail.com
Web pages :	<a href="http://www.p4a2.net">www.p4a2.net</a>

Date of Birth:	15-10-1977
Sex:	Female.
Nationality:	Indian
Ethnicity:	Asian – Dravidian - Kannadiga.
Marital status:	Separated

Present Address: Prof.em.Dr. Ather A ,Oberhausen ,Germnay

Permanent Address: No 214, United School Building, Ilyas Nagar, J.P Nagar Post,  
Bangalore 560078 – Karnataka – India

**Emeritus professor Republic of china, republic of Uzbeikistan , republic of Egypt .Republic of Malysia .**

Prestigious Awardes by Guinness Book of World Records and governments .

- a) Documentation of medicinal plants database (& millions enteries) from 21 countries .
- b) Medical chairman of silk route – covered 2 million women on gender and health activism .
- c) Awarded golden hibiscus award by Malaysian government.
- d) Golden angle – sudan .

Vice chairman Medicine along the silk route and medieval sciences, Tashkent, Uzbeikistan.

### **Positions held at present**

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**Research Incharge – S4T - System4 Technologies GmbH - Steller Strasse 32 - D-27755  
Delmenhorst - Germany**

**Scientific Director: MPR – Medizin Park Ruhr, Traditional System Medicine ,Research and Development , Medizin Ruhr Park, Castrop Rauxel , Germany .**

### **Emeritus professor**

1. Xining medical university – P.R.C.
2. University of Bukhara, Bukhara, Uzbekistan .
3. University of Alexandria

Visiting Professor: **UTM** – University of Technology Malaysia, IBD- institute of bio product development , Johar Baru, Malaysia.

Additional director: **IFRTK** - Indian Foundation For Rediscovering Traditional Knowledge , Bangalore , India.

Adviser: for Museum for science and Technology in Islam, Istanbul, Turkey.

Coordinator for collateral research between western school of medicine and traditional medicine , jointly starting up with multiple projects along with Prof Winrich Bripohl , Vice President for European Medical Association .

Visiting professor, Xinjing Medical university, China.

Visiting professor, University of western cape, Cape town, South Africa.

Visiting professor, Al Ain university, UAE.

Visiting professor, University of technology, Malaysia.

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### Awards and appreciation

Awarded appreciation by chief minister of Perak, Malaysia for contribution towards Islamic medicine with land in the state of Perak for development of establishment of Islamic medicine wellness village.
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Golden hibiscus award by government of Malaysia.
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Awarded Study award by ford foundation on women health education
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Awarded: “Life time achievement award in public health and Traditional medicine
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by IBN-SINA ACADEMY, Aligarh, INDIA
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Nominee for “Guinness book of world records” to photograph, 70,000 medicinal plants, India.
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Best photographer award 2010 for Photography on nature by BBC world.
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Cannon award for best digital floral library for holding 82,000 photos on medicinal plants.

Visiting professor for school of natural medicine, university of western cape , cape town south Africa July 2011-August 2011.

## Qualification

Qualification	
Phd	Women health education from university of belgium (Phd from social sciences)
MD –Unani Medicine National Institute of Unani Medicine, Bangalore-INDIA	Ilmul Advia : Thesis on clinical study on “Management of Dymenorrhoea by camphor”(a local health tradition of South Indian ethnicity).
BCA- Bachulaers of computer Application NIIT-Bangalore-INDIA	Computer applications knowledge , Project submitted was getting ICT- Informtiaon and commuication technolgoy among schools and how to imprvise soft wares for education especially medical education.
MCA- Bachulaers of computer Application IGNOU-INDIA	Computer applications knowledge , creating mensus check software for andriod .
Clinical Research CMC - Vellore - INDIA	Residential course with certification on application of clinical research, SPSS and training on biostatistices , case studies, research review on traditional system of medicine.
Diploma in Flash CIGMA INFOTECH Bangalore-INDIA	Part time training in development of flash software for health education and training programs , assignment was on developmet of animations for breast cancer education.
Short course on “Health and Equity” IPHU-AUSTRALIA PGDIPR Post graduate Diploma in Intellectual property rights. Annamali University-INDIA	Residential training on health activism , Case studies health activism and use of herbals in women health education programs. Distance education program on education of Intellectual property rights and thir implementation on traditoanl medicine and health care practices among unani practioners.
Study Award –Fellowship “Gender and health” NIEW- NAM institute of empowerment of women,	Residential training on gender and health, along with field trips to villages of malyasia for case studies on gender and health , countyary paper presented on “Anaemia –cure though couselling and unani medicine”

<b>Kuala Lumpur- MALYASIA</b> <b>Study Award –Fellowship</b> <b>“Financial Empowerment</b> <b>Through ICT (Information</b> <b>and communication</b> <b>technology)”</b> <b>NIEW- NAM institute of</b> <b>empowerment of women,</b> <b>Kuala Lumpur- MALYASIA</b>	Residential training on financial empwoerment through ICT – information and communication technology, along with field trip to cyberjaya and case studies on how to improvised knowledge of ICT to traditional medicine and to train practioners of Tradtional medicine in ICT-information and communication technology .
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**Positions held till date**

Position	Responsibility
<b>Director</b> <b>Indian Foundation for</b> <b>Rediscovering Traditional</b> <b>Knowledge</b> <b>Bangalore -INDIA</b>	In charge of projects related to traditional Knowledge , medicine and health education programs related to women health , Unani medicine ,herbal medicine development , entrepreneurship though herbal medicine.
<b>Principal Investigator</b> <b>“Global Status of Unani</b> <b>Botanicals”</b> <b>CCRUM,INDIA</b>	<b>“GLOBAL STATUS OF UNANI BOTANICALS”</b> A short term project of Central Council of Research in Unani Medicine ,Department of AYUSH, Government of INDIA.As the principle investigator , complete in charge of the project right form collection of data to evaluation of research analysis.
<b>Expert for Review education</b> <b>module development – TIBB</b> <b>Institute –South Africa</b>	<b>Review team head for developing Unani medicine module , at south Africa, TIBB institute, about 32 module on Unani medicine training and education were developed .</b>
<b>Editor in chief</b> <b>International Journal of</b> <b>Traditional Medicine</b> <b>Pharmacognet- Initiative</b>	In charge of journal, reviewing of research articles and handling the complete journal right from inviting research articles up to publication of the journal.
<b>Traditional Medicine</b> <b>Editor in chief –</b> <b>COCHRANE library</b>	Reviving traditional medicine research article and editing them to protocols of Cochrane library .
<b>Traditional Medicine</b> <b>Editor in chief – Pubmed</b> <b>library</b>	Reviving traditional medicine research article and editing them to protocols of Pub med library.
<b>Head health education</b> <b>CIGMA Foundation</b> <b>Bangalore INDIA</b>	In charge of health education programs and workshops , including TOT- training of the trainers and creating health animators.

Resource person STGC – Simple tasks great concepts, DST New Delhi INDIA	Resource person for text book on life science, “simple tasks great concepts”, published by DST- Department of science and technology, Government of INDIA.
Consultant on health education for women through herbs, CAP Consumer’s Association Penang, Penang MALAYASIA	Developing module on women health education, books and material for dissemination of information on use of herbs for women health though , electronic media and print media , TOT – training of the trainer program for women on preventive measures and diet therapy . Maintaining of the blog “say no to contraceptive” which is campaign against misuse of contraceptives.
Guest Lecture MCCM- Melaka collage of complementary medicine Melaka, MALAYASIA	Handling sessions for students herbs, processing of herbs , purification, practical sessions on community medicine , diet therapy , evaluating session exams and guiding students on research analysis and training on making of formulations.
Women health Education Community radio programs DST -INDIA	Developing module on use of herbs and nutrition for school health programs, education for school children on herbs and diets preparing self help recipes and creating enthusiasm among students towards natural medicine.
Invited guest lecture by Western cape university, Cape town , South Africa .	Invited guest lecture for Unani by cape town university, cape town, south Africa, for training and academics of Unani medicine .

### Major contribution towards Unani medicine

Project	Brief Summary
Advisor	International conference on drug development in unani medicine, NIUM, <a href="http://www.iuc2010.com/">http://www.iuc2010.com/</a> , Bangalore.
Data base for FRLHT Foundation for revitalization of Local Health Traditions Bangalore-INDIA	<b>Data compilation &amp; entry on contribution of various authors in the field of Unani Advia-e-Mufradah (Unani Pharmacology).</b> <b>Plant Drugs identification and compilation for 300 species.</b>
IMH-module for RGUHS- Rajiv Gandhi University of health sciences, Bangalore -INDIA	<b>132</b> modules on AYUSH – Ayurveda , Yoga, Unani , Siddha, Homeopathy , education of traditional medicine as an extracurricular activity.

External guide to Dr.Arulmary MSc Student School of Pharmacy University of London, UNITED KINGDOM	Iatrosophia and its links with Unani medicine and siddha medicine, Guide to Dr Arulmary , MSc student of University of London, UK.
Content on Unani medicine to glob in med Portal hub on traditional medicine from Malaysia to the world.	Articles for HMRC project glob in med (Herbal medical research centre, under IMR –institute for medical research, Ministry of health, Malaysia.
Consultant for Indian medicine	TCM officers department, study tour on Indian medicine , TCM , Moh , Malaysia.
Guest lecture on role of biochemistry in traditional medicine.	Resource person for ROTP; conducted for faculty of biochemistry and physiology department, Government homeopathy medical college, Bangalore, Role of biochemistry in traditional medicine.
Committee member CCIM	Committee member of clinical Establishment bill – For CCIM – Unani sector.

### CONFERENCES –National and International

- National Conference on Unani Medicine: 12-13 July 1997, Bangalore.
- National seminar on women and child care: 7 August 1999, Chennai.
- National Unani seminar: 23 March 1999, Hyderabad.
- CCRUM - Symposium & seminar on the areas of thrust and development of Unani medicine: January 2004, New Delhi.
- Ayush Seminar - **Invitee for guest** lecture on home remedies Unani perspective: 23-26 September 2004, Coimbatore.
- International Conference on Unani medicine – oral presentation on pharmacology: 12-14<sup>th</sup> Feb 2005. New Delhi
- Workshop for traditional bone healers conducted by **CMC Vellore and FRLHT Invitee for guest lecture.** 20<sup>th</sup> Feb 2005 CMC-Vellore
- National Unani seminar- Invitee for guest lecture on modernization of Unani literature: 15 July 2005, Hyderabad.
- National seminar on Unani and modern science- **lecture** on purification of water Unani classical methods: 7 August 2006, Chennai.
- **Speaker-Unani medicine session**, old hakims of mysore, World congress meet on alternate medicine ,Mumbai Zorastrian group, 12<sup>th</sup> January 2007

- **Paper presentation** - Ibn Sina International Seminar on Literary Research in Unani Medicine to be held on 20<sup>th</sup>, 21<sup>st</sup> & 22<sup>nd</sup> March 2007 at Delhi.
- **Paper presentation** – International Conference on scientific validation of ancient system of Medicine to be held on 15<sup>th</sup> to 18<sup>th</sup> March 2007, Bangalore
- **Speaker-Unani medicine session** :Invitation to present a paper at the “6<sup>th</sup> International Traditional / Complementary Medicine Conference (INTRACOM) and 3<sup>rd</sup> International Congress on Traditional Medicine and Meteria Medica (ICTMMM) and Exhibition 2007, Kuala Lumpur Malaysia.
- **Invitation speaker the Post 6<sup>th</sup> INTRACOM Workshop**3<sup>rd</sup> International Congress on Traditional Medicine and Meteria Medica (ICTMMM) and Exhibition 2007, Kuala Lumpur Malaysia.
- **Seventh International Congress on Traditional Asian medicine September 2009:** Plenary Participant at: panel 19.Topic Unani TIBB.
- **Invited recourse person**, ROTP program for faculty of biochemistry and physiology , GHMC, Bangalore-8<sup>th</sup> August 2009
- **Invited speaker** for , National seminar for women , MGR Janaki college for women, Chennai ,Stress management by herbs, 20<sup>th</sup> August 2009.
- Paper Presentation: a cross sectional study, with reverence to websites of unani medicine and other website.
- **Country paper on health status of India**, at NIEW course gender and health, 28<sup>th</sup> October-6<sup>th</sup> November 2009 , Kuala Lumpur , Malayasia .
- **Traditional medicine is preferred rather than modern medicine for the management of roundworms**, International conference NANO biotech 2009, Nov 28-30, Davengere , Karnataka.INDIA
- **Speaker : International conference on excellence in education**, IIT delhi 28-30<sup>th</sup> Dec 2009, Informal education, Heath education for girls in schools.
- **Panel member: International conference on excellence in education**, IIT delhi 28-30<sup>th</sup> Dec 2009, Informal education, Heath education for girls in schools.
- **Keynote speaker: Unani medicine empowerment tool for malayasia**, 1st Asia Pacific Congress on Indian Systems of Medicine & Expo, Kuala Lumpur, Malaysia 24th to 26th September 2010.

#### **PUBLISHED ARTICLES:**

1. AMRUTH – A bi monthly magazine on Health & Herbal Medicine by Foundation for Revitalization of Local Health Traditions (FRLHT), Bangalore with readership worldwide. Unani articles from Year 2003 & 2008



2. Articles on “Blow away the cold”, “Recipes from Dates for the month of Ramzan”, “Nails” appeared in Islamic Voice, A International Monthly published from Bangalore in Year 2005.
3. Articles related to health topics at , IMB-Blog, <http://indianmuslims.in>.
4. Articles related to health topics at, [www.ifrtk.org](http://www.ifrtk.org).
5. Articles related to health , at alokata, published by banglaprakash a magazine in bangla language from bangladesh.

## RESEARCH PAPERS:

1. Purification of water by “**Nirmali**” –classical Unani base and the folklore methods a scientific study with modernized techniques.
2. Identification and naming of plants the classical Unani aspects with modernized methods. **Bamboos** a morphological comparative study.
3. A pilot study to evaluate the effect of treatment given for dysmenorrhoea in co-ordination with the **lunar calendar variance** (the phases of moon)
4. Unani Medicine on **Website** a comparative study with website of Ayurveda, Siddha, homeopathy and Chinese to evaluate its status around the globe.
5. **Awareness of health** among the rural women is a major breakthrough in the prevention of simple gynaecological disorders.
6. Clinical study to evaluate the effect of **psychological counselling** along with treatment of camphor in dysmenorrhoea.
7. Assessment of **MIZAJ (TEMPERAMENT)** In Traditional Standardization Of Unani Drugs.
8. Proper health education among the **school girls** relieves depression during the exam period caused due to menstrual cycle.
9. Single drugs used in women’s menstrual life from her kitchen helps them to overcome the effects of **premenstrual syndrome**.
10. **Al Ruman-Pomogranate** the fruit from the heaven is very useful drug for anti diarrhoeal activity.
11. *Hadd jod* Cissus Quadrangularis in a major Unani drug used for *kaseer* –Fracture healing process.
12. The **cummium seeds** are a boon to the human mankind right from the birth to the death of a human being in all walks of his life.

13. A **clinical study** to evaluate the effect of *sufoof –e- zeera* (powder of cummium seeds) along with rose water in the healing process of the umbilical knot.
14. A clinical study to **evaluate the effect of neem oil** for scabies in school attending children.
15. A clinical study to **evaluate the effect of oil preparation containing camphor** and neem seeds for evacuation of lice among rural school children.
16. To which religion plants belong:<http://indianmuslims.in/to-which-religion-plants-belong>
17. Ammaji the world misses U , a documentation on women folk healer, ammaji : <http://draminaather.blogspot.com/>
18. Study visit report for TCM officers, ministry of health Malaysia ,<http://sproutingdreams.blogs.indianmuslims.in>
19. Iatrosophia and its links with Unani medicine and siddha medicine, Guide to Dr Arulmary , MSc student of University of London, UK.
20. Role of biochemistry in understanding drug action.-ROTP program, GHMC, Bangalore.
21. Is swine flu (H1N1) a new concept? <http://draminaather.blogspot.com/>.  
<http://indianmuslimobserver.blogspot.com/>.
22. Rejuvenate yourself during Ramadan. <http://draminaather.blogspot.com/>.
23. “**Regimental Therapy**- an emerging entity from *tibb* for wellness of mankind.” Hand Book to understand regimental therapy of unani medicine and its future prospects, under publication, Bangalore Press.2009.
24. Traditional medicine is more efficient than albendazole for treatment of round worms: NANO biotech 2009, Nov 28-30, Davengere , Karnataka.INDIA
25. "Constraints in understanding cross cultural issues", latest research paper for the conference on education by IIT , December 28-30, New Delhi , INDIA.
26. Management of stress by unanipathy , at IIAM , Malyasia.

#### Other projects:

- Carcinomas – Diagnostic approach by modern medicine and supportive care by traditional system of medicine  
Collaborative work between KIDWAI memorial and CIGMA Foundation.
- Health Education programme:  
CIGMA Foundation, Bangalore.

- Training for aromatic and medicinal plants .  
CIGMA Foundation, Bangalore.
- Introductory module of Indian system of medicine  
Co-curriculum development program for RGUHS  
FRLHT, Bangalore.

## Earlier projects:

### 1. Training program for participant from Thailand:

- The scope of the program was to equip the participants with a basic understanding of the principles of Unani .The program, which was spread over a period of three weeks, included sessions on basic principles, pharmacology, pharmacognosy & pharmaceutics of Unani, apart from theoretical & practical sessions on basic principles of Unani.

### 2. Literary research & compilation on 300 medicinal drugs of Unani origin.

- Data compilation & entry on Unani advia –e-mufradah from various classics of Unani, A curriculum CD development for Unani students by FRLHT.

### 3. Literature research honey, Bamboosa. Deer horn

- Data compilation & entry on Unani advia –e-mufradah from various classics of Unani.
- Source out modern research findings on Honey.
- Establish the probable identity of honeybees described in classics of Unani.
- Identify potential areas of therapeutic application of Honey.
- Provide formulations based on honey to Gram Mooligai Company Limited (GMCL-A sister concern of FRLHT, involved in manufacturing herbal products.)

### 4. Database work

- **Data compilation & entry on contribution of various authors in the field of Unani Advia-e-Mufradah (Unani Pharmacology).**
- **Plant Drugs identification and compilation for 300 species.**

### 5. Literary research & compilation--- Arka (the process of distillation)

- Data compilation & entry from various classics of ISM viz. Unani ,
- Source out data pertaining to modern research findings & Unani applications.

### 6. Literary research & compilation---25 species of medicinal plants for the FRP – Study

7. **Literary research & compilation**—For Amala muraba preparation FRLHT Lab
8. **Literary research & compilation**—For Sharbath preparation FRLHT Lab
9. **Literary research & compilation**—For Kaajal preparation FRLHT Lab
10. **IMH**-module for RGUHS- Rajiv Gandhi University of health sciences. Formation of a module for MBBS students as an extra curricular activity.
11. **Work on Diabetes:** Data compilation & entry on Unani concept of Diabetes-“*Zaibatus shakkari*” & on botanical identity of dugs useful in Diabetes
12. **For Bangladesh candidates :**The program, which was spread over a period of three weeks, included sessions on basic principles, pharmacology, pharmacognosy & pharmaceutics of Unani, apart from theoretical & practical sessions on basic principles of Unani.

### **Other works**

- **Flash presentation:** Creating presentation in Macromedia
- **Rural Medical Camps:** Health Consultant for Rural Health Education and trainer for conservation of medicinal plants.
- **Audio-Video documentation:** The documentation of Indian medicine particularly unani practioners and their preparations, editing and supporting it with scientific validation in co-relation Unani references.

Publications to be released in next 1 year (received ISBN no for the book these books for eco-friendly will be released as E books , waiting for IPR and copyright clearance .

1. Indo-german herbs
2. Status of AYUSH in germany
3. Indian food with German ingredients
4. Kitchen healing
5. 20 recipes for cancer care
6. Cosmetic from Al qanoon fill tibb

I hereby declare the above information is liable to best of knowledge .

Amina Ather  
12 February 2020