



Teaching and Training of Unani Medical Officers in *Ilaj Bit Tadbeer* under State Health Society Scheme of Govt.of Maharashtra: Significance & Impacts

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Abstract

State health Society of Govt.of Maharashtra has assigned ZVM Unani Medical College & Hospital Pune to teach and trained Govt Unani Medical officer in *Ilaj Bit Tadbeer*. The College then appoints the author as chief coordinator to design a suitable programme with teaching module to fulfill the assignment. A suitable programme was designed and teaching module were prepared and submitted to the concerned authorities, which were then approved to conduct the teaching and training of the Medical Officer. The programme designed was of six days for each batch (10 delegates for each batch) based on theory and practical training with demonstration and practice sessions. Other expert faculties of college were also assigned to deliver different lectures and practical sessions. A total of 56 registered Unani Medical Officers in five batches were deputed for training out of which 47 attended and extensively taught and trained. The efficacy of this teaching and training was assessed through a pre and post training assessment test. A questionnaire based telephonic survey after one year was also conducted to assess the impact of the acquired training. The findings of these data were statistically analyzed for inferring the significance and impact of the training that is to assess the translational value of the training.

This study is being published to encourage, facilitate and promote such a kind of teaching and training during medical practice through CMEs and workshops. Further the teaching and training of different health workers including doctors is the part of community health programme and public health services. Hence such studies can serve as an evaluation mark for reference.

Keywords: Unani Medicine, *Ilaj Bit Tadbeer*, Teaching & Training, Translational Value

Introduction

Manipulation or modulation (*Tasarruf*) in *Asbab-e-Sitta Zarooriya* (Six Essentials Factors) is known as *Ilaj Bit Tadbeer*^{1,2,3,4}. It is composed of different regimens and procedures which enhance and *accelerates* the ongoing physiological process and can be indicated therapeutically and prophylactically as per the situations.

In last about a decade *Ilaj Bit Tadbeer* has emerged as one of the most applied field in clinical setting of Unani Medical practice⁵. In last few years the popularity of acquiring its applied knowledge has been observed not only among practitioners of Unani Medicine but also among policy makers of AYUSH system at state and central government level. The reason behind this significant popularity can be enlisted as follows.

- Dramatic increase in global burden of life style diseases. The *Ilaj Bit Tadbeer* has been found as the most significant solution for prevention, management and control of these diseases⁶.

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- The efficacy of various regimens is very promising which is the reason the community members are demanding to undergo these procedures^{7,8}.
- The curriculum of Unani Medical education has been revived from seven department pattern to fourteen departments as a result of which *Ilaj Bit Tadbeer* has been established as full fledged separate department in colleges of Unani Medicine for which earlier it was taught and practiced as a part of *Tahaffuzi wa Samaji Tib*⁹.
- The formation of AYUSH ministry and development of National Health Mission (NRHM) cumulatively emphasize respective streams to perform, practice and develop their particular field of specialization i.e. Unani, Ayurveda, Siddh and Homeopathy etc¹⁰.

These developments paved the way to search, enhance and develop the *Ilaj Bit Tadbeer* in literature, theory and application. As a result of which a series of CMEs, workshops, re-orientation programmes have started organizing not only at government level but at various NGO levels too. In this context the State Health Society’s AYUSH Cell has decided to conduct teaching and training programme of *Ilaj Bit Tadbeer* for Unani Medical Officers who worked in different Government District Hospital (DH), Sub-District Hospital (SDH) and Rural Hospital (RH) in Maharashtra State. ZVM

Unani Medical College Pune was assigned to conduct a special training of *Ilaj Bit Tadbeer* for Govt. Unani Medical Officer. The author was appointed as Chief Co-ordinator by the authorities of ZVM Unani Medical College & Hospital Pune to fulfill the assignment. This teaching and training were completed successfully for which an appreciation was issued to the author. The study is being published to reveal the significance and impact of such teaching and training programme i.e. its translational value.

Methodology

A six days programme was scheduled to conduct as per AYUSH guidelines. *Ilaj Bit Tadbeer* is an applied branch of Unani Medicine, considering the fact the complete six days training were decided full of practical demonstrations and practice sessions supported by theory lectures to highlights its significance. Teaching modules were prepared and other faculties specializing in this field in the college were also assigned to conduct lectures and practical session for the trainees. The State Health Society Govt. of Maharashtra selected the trainees and instructed them to attend the training. Such 10 trainee doctors per batch and such five batches from 18.03.2013 to 12.10.2013 received the training as per following details.

Table 1

Batches	Dates	No. of Trainee Deputed	No. of Trainee Attended	Absent Candidates
First Batch ¹¹	18 to 23 March 2013	10	10	--
Second Batch ¹²	26 to 31 August 2013.	12	10	02
Third Batch ¹³	16 to 21 September 2013.	12	10	02
Fourth Batch ¹⁴	30 September to 05 October 2013.	12	09	03
Fifth Batch ¹⁵	07 to 12 October 2013.	10	08	02
Five Batches	-----	56	47	09

The financial assistance was made by State Health Society of Govt. of Maharashtra which then were audited by Govt. appointed auditor and issued a UC too. The impact effect of the training was assessed at three levels.

- A pre and post training evaluation test.
- Feedback forms filled by the trainees after completion of training.
- Feedback through telephonic enquiry after one year: To substantiate the significance and the impact of training a telephonic questionnaire enquiry was conducted after one year. A question was asked to them as to what changes have been made at your DH, SDH, and RH after attending the training?

The findings through all these parameters were statistically analyzed to evaluate the significance and impact of such

training. Statistical analysis was done using Microsoft excel and IBM SPSS software version 20 for tables graphs and the t test of significance.

Result and Discussion

Success of any profession is based on how frequent one translates the skill and knowledge after getting into practical life and medicine is the most deserving field of any profession which needs to update and exchange the knowledge simultaneously with upgrading the practical and applied skills.

The table no 2 and figure no 1 clearly indicate that the trainee deputed for the training had mostly completed their Unani graduation approximately ten plus years before the said training and they had not undergone any such training where

they could undertake a pre and post training evaluation test. Changes observed in post training assessment indicate that the teaching and training they receive was very effective and statistically highly significant. P value and statistical

significance. The two-tailed P value is less than 0.0001. By conventional criteria, this difference is considered to be extremely statistically significant. $t = 140.7279$ standard error of difference = 0.109 (Table no.3).

Table 2. Distribution of Pre and Post Test Assessment

	Batch 1	Batch 2	Batch 3	Batch 4	Batch 5	Collective Mean
Pre Test	6.6	6.5	5.9	6.4	5.6	6.2
Post Test	22.3	21.4	21.3	20.7	21.9	21.52

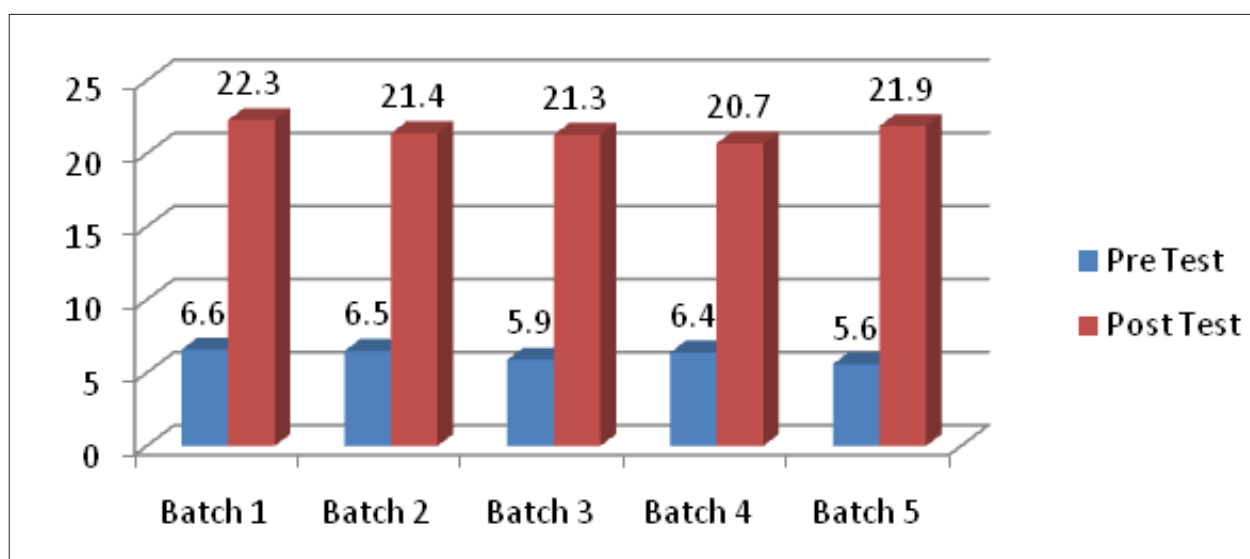


Figure 1. Pre & Post Test Assessment

Table 3. p – value

Mean Pre Test	6.2
Mean Post Test	21.52
p- value (Two Tailed)	< 0. 0001
T-test value	140.7279
SED	0.109

Table no 4 and figure no 2 is represent the feedback marking by the trainee. A feedback form was given to the trainee marked with the grades from Excellent to Very good, Good, and Average. The question composed on feedback forms included content of the lectures, presentation, and used of audiovisual aids etc. The observation of feedback reveals that 57.44 % (27 no) were given Excellent remark, 36.17%

(17 no) were given Very Good remark and 6.3% (3 no) were given Good remarks, hence it can be emphatically concluded that the trainees comprehensively and conclusively benefitted by excellent presentation by the training staff as shown by statistical test of significance, where $p = 0.002$ i.e. highly significant (Table no 5).

Table 4. Feedback by Trainees

	Excellent	Very Good	Good	Average
No.of Delegates Remark	57.44%(27)	36.17%(17)	6.3%(3)	0

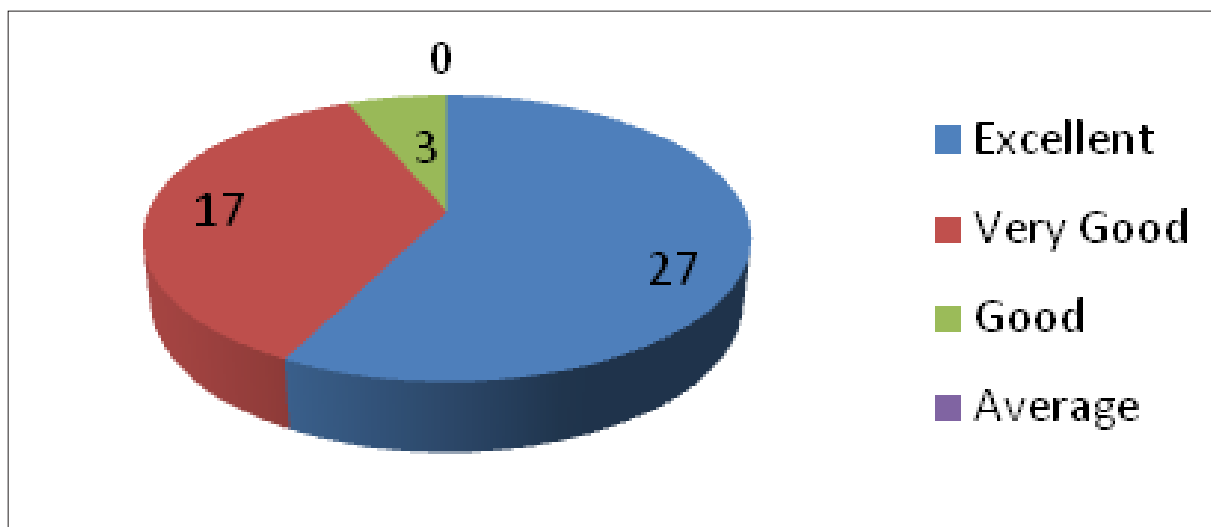


Figure 2. Showing feedback remarks by delegates

Table 5. Test of Significance

Chi square	11.646
DF = 2	2
p-value	0.002 (Highly Significant)

The third parameter to assess the translational impact of the training was a telephonic enquiry of the present status of Ilaj Bit Tadbeer practice among them.

Out of total 47 delegates who received training

- 11 answered that before training on the name of *Ilaj Bit Tadbeer (IBT)* only place were available at our hospital totally in non-functioning state but after training the department were established, equipped with instruments and now it is in full operational state.
- 29 answered that before training the IBT was established with few instruments but was in non-functional state, after training the department is added with few more instruments and now it is in full operational state.
- 07 answered that they are placed in Rural Hospital, earlier there were no *IBT* procedures, but after training no. of procedures have started and the *IBT* unit is fully in functional state.
- Few of them are regularly organizing camps and few are busy in collecting the data of efficacy of the procedures.

Conclusion

This was a unique training where trainees and trainer both were assessed by each other. The trainees were assessed through a pre and post evaluation test and trainers were assessed through a feedback forms remark. The finding reveals that the training received by the delegates was found to be very effective not only in acquiring the knowledge but in building the confidence among the recipients of the training. The trainers imparted the best

of their knowledge as revealed in the feedback response by the delegates.

The ultimate benchmark of any health care system in India is that the knowledge should translate into skill and skill into practice, then only the policy is perfectly implemented and achieved a merit. In the said study it is revealed clearly that the doctors who received training have implemented *IBT* procedures into practice as a result of which *IBT* Unit in many Government Hospitals have come in functional state and ultimate goals of National Health Mission are seen to be accessible and expect to be achieved. Hence it could be concluded that more such training programme is need to be organized at much larger level and few more regimens which are actually useful but not in current practice should be introduced.

Conflict of Interest: None

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