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Topic of Research: A randomized, controlled, open label, triple arm, prospective clinical study for therapeutic evaluation of Qurs-e-Mafasil Jadeed with and without Hijama bi' I Shart (Wet cupping) in Knee Osteoarthritis with special reference to selective Biomarkers.

Key words Qurs-e-Mafasil Jadeed, Hijama bi' I Shart, osteoarthritis, Biomarkers,
Unani

Findings

The study evaluated the clinical efficacy and safety of polyherbal Unani formulation Qurs-e-Mafasil Jadeed in treating knee osteoarthritis (OA) with and without Hijama-Bil-Shurt. It also examined the therapy's influence on OA biomarkers (sCOMP and sHA) using an ELISA-based kit and their clinical correlations. The study was a triple-arm clinical trial, enrolling 150 patients with mild to moderate knee OA. The treatment included 8 weeks of protocol treatment and two weeks of post-treatment follow-up. Mizaj (temperament) was measured using 10 parameters (Ajnas-e-Ashra). Efficacy was assessed using clinical, biological, and radiological parameters.

Significant statistical difference was observed in subjective and objective scores and serum biomarker levels ($p < 0.05$) using student's t-test and analysis of variance (ANOVA). No significant adverse change appeared clinically as well as in safety parameters.

The Unani polyherbal formulation is a potent anti-arthritic medicine with chondroprotective effects. Combining it with Hijamah-bil-Shart (cupping treatment)

increases its efficacy. The study found that serum levels of sHA and sCOMP are strongly related to clinical and demographic factors. The observed impact of Unani formulation is most likely attributable to the analgesic, anti-inflammatory, antiarthritic, and chondroprotective properties of its ingredients. The observed efficacy of cupping therapy is attributable to its simultaneous action of relieving pain and enhancing the approach of nourishment and medications to the articular cartilage while also eliminating harmful substances.