

CURRICULUM VITAE

Dr. Mustapha Inul Manuha



I. PERSONAL INFORMATION

Name: MI Manuha

Date of Birth: 1966.10.28

Place of Birth: Meegammana

Citizenship: Sri-Lankan

Home address: 140/29 Sunandarama Temple Road, Mahabuthgamuwa,
Kotikawatte, Angoda, SriLanka.

Professional address: Institute of Indigenoous Medicine , University of Colombo, SL.

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II. PERSONAL STATEMENT

A committed, knowledgeable and capable Academician and involve in Research. Extensively published articles in Systematic Reviews, Clinical studies and experimental work on Science citation Indexed (SCI) and other indexed journals. Have presented the research work in many International Conferences and Symposias. Many communications and presentations were made diectly to the audience and throught the media (TV and radio) to make aware and to develop the awareness in the community. Experienced in project proposal writing and team management. Design and construction of new herbal preperation/s is one of the main interest. A spice mixture was iinvented to impair obesity. Written poject proposal to get world bank grant 'Higher Education for Twenty-First Century (HETC) ' and work done to get 'University Industry Community Interaction Cell' grant to IIM. A confident presenter and teacher, able to impart complex information to audiences of all levels from school children to scientific community. Attempting a supervisory role for Undergraduate and Postgraduate levels research .

III. EDUCATIONAL QUALIFICATIONS (POST GRADUATE & UNDERGRADUATE)

11/2011 – 12/2015

University of Kelaniya | Kelaniya, Sri Lanka

PhD (Doctor of Philosophy)

Supervisors: Professor PA Paranagama, Dr BM Nageeb and Mrs NZ Iqbal (Dietician)

Thesis Title: EFFICACY OF THE INTERVENTION OF NATURAL FOOD ADDITIVES AND MIND CALMING EXERCISES IN THE MANAGEMENT OF FEMALE OBESITY WITH SPECIAL REFERENCE TO UNANI FOOD GUIDELINES.

11/2002 – 11/2004

University of Colombo, Institute of Indigenous Medicine | Colombo, Sri Lanka

MPhil: Unani

Supervisors: Dr MCM Maheez, Dr (Mrs) HZ Jaffer

Thesis Title: An analytical study on temperament with special reference to selected blood components

1993

University of Colombo, Institute of Indigenous Medicine | Colombo, Sri Lanka

BUMS Hons Degree (Bachelor of Unani Medicine & Surgery)

IV. OTHER ADDED QUALIFICATIONS & SKILLS

In 2019

I Completed an online course **to include meta- analysis in systematic reviews in my career.**

Course : CERTaIN.2x: CERTaIN: Knowledge Synthesis: Systematic Reviews and Clinical Decision Making

Offered by : University of Texas MD Anderson Cancer Center

In 2019

I completed a course **to improve the research discipline to meself and at the IIM.**

Course : International Course on Survey and Evaluating Ethical Review Practices.

Offered by : Faculty of Medical Sciences, University of Sri-Jayawardenapura, Nugegoda, Sri Lanka

In 2017

I completed an online course **to improve my knowledge** in relation with my subject discipline in order **to impart the knowledge to the students.**

Course : NUTR101x : Nutrition and health part 1: Macronutrients and Overnutrition (Online course)

Offered by : Wageningen University & Research

In 2013

I got a training course on proximate analysis and Vitamin C content in order to carry out my research and improve my academic discipline. Proximate analysis comprises the quantitative amount of moisture, crude protein, crude fat, ash, crude fiber, and total carbohydrate.

Course : Laboratory Training on Proximate Analysis and Vitamin C content (Short course).

Offered by : Institute of Technology Institute (ITI), Research & Development

In 2013

I completed a certificate course **to inculcate to students work and also in my research** for data analysis.

Course : Certificate Course on Introduction to SPSS for Statistical Analysis

Offered by : National Centre for Advance Studies (NCAS) , Colombo 7, Sri Lanka.

In 2012

I completed a course **to improve my knowledge in research** and its my subject discipline **to teach the students**

Course : Certificate course in Social Science Research Methodology

Offered by : National Centre for Advance Studies (NCAS) , Colombo 7, Sri Lanka.

In 2008

I received a theory and training course **to improve and apply on various diseases** , its now a need from the society.

Course : Training course on Panchakarma Therapy

Offered by : Mansuwa Institute of Ayurveda and Traditional Medicine, Colombo 10.

In 2007 - 2008

I received a theory and training course **to improve and apply** them its now a need from the society

Course: Training course on Ayurveda beauty Care

Offered by : Mansuwa Institute of Ayurveda and Traditional Medicine, Colombo 10.

In 1994-1995

I followed a Short course on Urdu Language to improve my academic work as many Unani Medical books are available in the Urdu language.

Offered by : High Commission of Pakistan, Colombo

V. MEDICAL LICENSURE

Certificate of Registration / Ayurveda medical Council

Lisense Number : 9580

VI. EMPLOYMENT HISTORY

02/2012 – till to date : Senoir Lecturer Grade I

- ✚ I held two acaemic positions during this period
 - 08/2017 – 02/2019 Head / Unani Section
 - 2015 – 2017 Head / Department of Basic Principels (Unani)

- ✚ Involved in Undergraduate Teaching
 - I'm an academic member for the Department of Basic Principles (Unani) and in charge certain subjects for Level – 1, BUMS students (BUMS Course Curriculum 2011/ IIM)
 - i Al Umooor Al Taba'iyya (Fundermentals of Basic Physis)
 - ii Falsafa vo Mantiq (Phylosophy and Logic)
 - iii Tareeq e Tibb vo Akhlaqiya (History of Medicine & Behavioural Sciences)

 - In Al umoor Al Taba'iyya I teach on Human physiology in Unani purview and the Unani aspect of how the food, air, etc in preservation of health and preventing diseases. In Falsafa vo Mantiq I teach on Unani and modern way of research (bahz). In Tarreq e Tibb vo Akhlaqiya, my contriibution is to Akhlaqiya (Behavioural Science) portion. In this subject my teaching involve to improve the students' personality development.

 - I deliver Lectures, conduct tutorials, group discussions, student centered presentations and practical classes specilly concerned on Student Centered Learning. I conduct most of the practical at the IIM and at OPD and Ward, National Ayurveda Teaching Hospital Borella. Here students were trained to find the temperament (mizaj) of helathy individuals and recognize the mizaj deviation/s happend in various disease conditions.

- ✚ Involved in student Research activities as Supervisor role / UG students (Only, after implemented the course curriculum 2011)
 - o BUMS academic year 2010/2011 – 2 students
 - ✚ Miss MJF Rifha
 - ✚ Miss MNA Zeinah
 - o BUMS academic year 2011/ 2012 – 3 students
 - ✚ Miss. MHF Risla
 - ✚ Miss. MMM Mufardeen
 - ✚ Miss. HCF Banu
 - o BUMS academic year 2012/ 2013 – 2 students

- ✚ Involved in Postgraduate Teaching & Supervisor role for a research project
 - o Project Supervisor of PG Diploma in Unani 2015 / 2016 – Dr. JM Yahiya
 - o I delivered lectures on the subjects related to my Department (Department of Basic Principles (Unani)

11/2004 – 02/2012 : Senior lecturer Grade II

- ✚ I held the positions of Head / Department of Basic principles
 - 2010 – 2011 Head / Department of Basic Principels (Unani)
 - 2005 – 2008 Head / Department of Basic Principels (Unani)

✚ Involved in Undergraduate Teaching

I was in the Department of Basic Principles (Unani) and in charge certain subjects for Level-1, BUMS (Course Curriculum 2011) and 1st and 2nd year BUMS (BUMS 1983 curriculum).

- Al Umoor Al Taba'iyya (Fundamentals of Basic Physics) for level 1 BUMS
- Falsafa vo Mantiq (Philosophy and Logic) for level 1 BUMS
- Tarreq e Tibb vo Akhlaqiya (History of Medicine & Behavioural Sciences) for Level 1 BUMS
- Hiss e Ilmy for 1st year BUMS
- Hiss e Amly for 1st year BUMS
- Unani Anatomy for 1st and 2nd year BUMS

I conducted OPD / Ward clinical classes on Unani Clinical Medicine for 3rd Year and Final BUMS students.

✚ Involved in Postgraduate Teaching

Dearth of the lecturers, I had to delivered subjects related to my Department (Department of Basic Principles (Unani) and some other Department subjects such as Ilmus Sumoom and Hifshan e Sehat.

06/1999 – 11/2004 Lecturer

I was in charge for subjects for Undergraduate

- Ilmul Adviya (Materia Medica) for 1st and 2nd year BUMS
- Ilmul Sumoom (Toxicology) for 3rd year BUMS
- Ilmul Atfal (Paediatrics) for 4th year BUMS

I conducted OPD / Ward clinical classes in Ilmul Atfal (Paediatrics) for 4th BUMS and OPD / Ward classes in Unani Clinical Medicine for 3rd Year and Final BUMS students.

VII. PROFESSIONAL CONTINUING DEVELOPMENT PROGRAMMES

Participation of Continuing Development Short Courses

- Short courses mentioned under the topic of “ADDED OTHER QUALIFICATION AND SKILLS” on pages 2, 3.

Participation of Continuing Development Training Workshops (Continuous 2-3 days)

- Basics of Laboratory Animal Science from 11.08.2015 to 12.08.2015
- Herbal Drug Standardization Techniques from 30.07.2013 to 02.08.2013
- Induction training on Project Procurement (HETC) project from 16.11.2011 to 18.11.2011

Participation of Continuing Development Workshops

- Workshop on Writing Case Reports 04.09.2019
- Introduction to Systematic Review and Meta – Analysis 08.08.2019
- Introduction to Medical Research : From Proposal to Paper 23.07.2019
- Public and Patient Involvement and Engagement (PPIE) in Health and Social Care 22.07.2019
- Consultative Workshop on “Creating Conducive Learning Environment in State Universities” 13.08.2019
- Basic Research Ethics 04.07.2019
- Work shop on “Development and validation of Predictive / Prognostic Model” 25.06.2019
- Work shop on “Development and Design of Complex interventional trials” 09.04.2019
- Work shop on “Design and Analysis of Randomized Controlled Trials” 28.03.2019
- Trainer of Training Programme on Cancer Prevention & Control 20.05.2019
- Work shop on “ Strengthening of ERC in Healthcare Institution” 17.03.2015
- Work shop on “Introduction of Unani Medicine” 18.06.2013
- Work shop on “Hamdard Product” 18.06.2013
- Work shop on Ayurveda , Siddha, Unani Homeopathy and medicinal Plants 08.02.2012
- Work shop on “ Doing Research for Advancement of Knowledge Experiences from Senior Academics and Recent Alumnae” 28.10.2011
- Participated in the Post Congress Seminar on ‘Health Issues in Elderly Women SLMA 03.06.2010
- ‘Seminar on Life Style Disorder’ 16.08.2010
- ‘Seminar on Hypertension (Zightatuddum)’ 08.10.2010
- ‘Seminar on Diabetes Mellitus’ 12.06.2008

- Workshop in the Reproductive Health & Counseling 30.01.2006
- Workshop on 'Effective Proposal Writing ,Conducting and Publishing Research' 24.05.2006
- 'Awareness Workshop on Research Methodology' 17.06.2005
- 'Seminar on Diabetes' Sri Lanka's Initiative in Diabetes Education 04.03.2005

VIII. PUBLICATIONS

Published in Peer Reviewed, Recognized Indexed Journal (Full Article)

Science citation indexed expanded (Web of Science)

- i) **MI Manuha**, PR Waratenna, APA Jayasiri and MHKPP Maduratharangi. Comparative Preliminary Phytochemical Screening on Nagaradi Kashaya (Decoction) and Daruparpatadi Kashaya (Decoction). *ARCTIC*. 2019 : 72 (6) p 42 – 67.
- ii) **MI Manuha**, PA Paranagama, BM Nageeb, NZ Iqbal. Study on Influence of Dietary Factors on the Excess Weight Gain in Adult Females. *ARCTIC*. 2019 : 72 (9) p 21 – 43.
- iii) MHM Nazeem, **MI Manuha**. Nutritive values, Phytochemical constituents and Bio-activities of Carica papaya seeds which are discarded as waste of the fruits: A review. *ARCTIC*. 2019 : 72 (8) p 36 – 59.
- iv) **MI Manuha**, PR Waratenna, APA Jayasiri and MHKPP Maduratharangi. Phytochemical Screening of Aqueous, Hexane, Ethyl acetate and Ethanol extracts of the Decoction of the Daruparpatadi. *ARCTIC*. 2019 : 72 (9) p 60 – 80.
- v) **MI Manuha** & MHM Nazeem. Review on hepato-protective potential of spice condiments: Evidence based on RCT. *ARCTIC*. 2019 : 72 (9) p 91 – 104.
- vi) **MI Manuha** & MHM Nazeem. Scientifically proven evidences of Avicenna's cardio-protectors. *ARCTIC*. 2019 : 72 (10) p 12 – 38.
- vii) **MI Manuha** & MHM Nazeem. Living with type-II diabetes in Sri-Lanka and their food beliefs and fears to choice food: To clear the unknown facts. *ARCTIC*. 2019 : 72 (9) p 93 – 107.
- viii) **MI Manuha** & MHM Nazeem. Do dietary supplements counteract athrosclerosis? *ARCTIC*. 2019: 72 (10) p 111- 131
- ix) MHM Nazeem & **MI Manuha**. Natural dietary components as Anticancer Agent against Ovarian Cancer. *ARCTIC*. 2019: 72 (11)

- x) **MI Manuha**, PA Paranagama, BM Nageeb, NZ Iqbal. Comparative Study on the Intervention of 'Spice ' Mixture (SM) Prepared by Natural Food Additives (NFA) Alone or Intervention of SM with Mind Calming Exercise in the Management on Female Obesity. *Indian Journal of Traditional Knowledge*. 2019 (In Press)

Published in Peer Reviewed Indexed Journal (Full Article)

- xi) **MI Manuha**. Preventive Role of Spice Condiments in Alzheimer's Diseases. *International Journal of Innovation and Research in Educational Sciences (IJRES)*. 2018: 5 (6) p 598-605.
- xii) **MI Manuha**, PA Paranagama, BM Nageeb, NZ Iqbal. DETERMINATION OF NUTRIENTS VALUE IN FIVE GENERALLY CONSUMING SRI-LANKAN RICE VARIETIES WITH CONCERN ON WEIGHT REDUCTION. *International Journal of Multidisciplinary Educational Research (IJMER)*. 2018 : 7 (8)3, p 183 – 195.
- xiii) **MI Manuha**. NUTRITIONAL, MEDICINAL VALUES, ADVERSE EFFECTS AND DETOXIFICATION METHODS OF CASSAVA OR MANIOC LEAVES (MANIHOT ESCULENTA): A METHODOLOGICAL REVIEW. *International Journal of Multidisciplinary Educational Research (IJMER)*. 2018 : 7 (10)2, p 1-11
- xiv) **MI Manuha**, PA Paranagama, BM Nageeb, NZ Iqbal. ASSESSMENT OF ANTI-INFLAMMATORY POTENTIALITY USING 'HRBC' MEMBRANE STABILIZATION ASSAY ON AQUEOUS AND METHANOL EXTRACT OF A 'SPICE' MIXTURE USED TO IMPAIR OBESITY. *IJMER*. 2019 : 8 (10) 3, p 47- 52
- xv) **MI Manuha**, PA Paranagama, BM Nageeb, NZ Iqbal. Assessment of antioxidant potential using total phenolic content and DPPH assay of a Sri Lankan 'spice' mixture used to impair obesity. *IJMER*. 2017: 2(3), p 34-36
- xvi) **MI Manuha**, PA Paranagama, BM Nageeb, NZ Iqbal. Quantitative analysis of Vitamin C in Lime and Lemon in vitro: Verification of vitamin C on the impairment of obesity. *IJASRE* . 2019.
- xvii) **MI Manuha**, PA Paranagama, BM Nageeb, NZ Iqbal. Topic : Effectiveness of oral intervention of 'spice mixture' on lipid profile and body composition of Obese females. *IJASRE*. 2019.
- xviii) **MI Manuha**, PA Paranagama, BM Nageeb, NZ Iqbal. Association of Physical Activity and Sedentary Lifestyle with Overweight and Obesity among Adult Women in Sri Lanka. *WASJ*. 2013: 24 (6), p 724-731

- xix) **MI Manuha**, PA Paranagama, BM Nageeb, NZ Iqbal. A study on the correlation between BMI of overweight/obese, Total physical activity and cardiovascular risk factors with special reference to dyslipidaemia in adult women. *SLJIM*. (2013)
- xx) **MI Manuha**, PA Paranagama, BM Nageeb, NZ Iqbal. Evidence based Unani basic factors that would effective on the management of obesity in the new era. *Journal of Faculty of Graduate Studies* (2015)
- xxi) **MI Manuha**, Dr. MCM Mahees, Dr HZ Jaffer. An analytical study on temperament with special reference to selected blood components. *Ayurveda Sameekshawa*, Volume 2, 2006

Published at National/ International Conferences and Symposias – Abstracts

- xxii) **MI Manuha**, PA Paranagama, BM Nageeb, NZ Iqbal. Haemoglobin level among overweight and obese adult women. Proceedings of Annual Research Symposium 2014 NCAS p 353-358 (Full Paper)
- xxiii) **Dr. MI Manuha**. Dard (pain). *Al Tibb – The Medicine* 2010, p – 33
- xxiv) **Dr. MI Manuha**, Dr. AM Mutalib, Dr. MHM Nazeem, Dr. BM Nageeb. Bio-activities of the plant *Flucourtica indica* : a review. International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (6th ICAUST 2018) p -117
- xxv) **Dr. MI Manuha**, Dr. MUZN Farsana and Dr. MHM Nazeem. Potential anti-osteoporotic effect of herbs: review. International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (6th ICAUST 2018) p – 144
- xxvi) Dr. AM Muthalib, **Dr. MI Manuha**, Dr MUZN Farsana and SM Mujahid. Niyambalawa – (Green leaves or vegetables with Ground coconut) : a review. International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (6th ICAUST 2018) p- 127
- xxvii) Dr MUZN Farsana, **Dr. MI Manuha**, Dr. AM Muthalib. Concept of Tadabeer e Mashaikh in Unani System of Medicine and Western Perspective : A review. International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (6th ICAUST 2018) p – 7
- xxviii) Miss. MHF Rista and **Dr MI Manuha**. Single Drugs Act on Hasat e Kulyah (Nephrolithiasis) – A Lit. Review. International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (6th ICAUST 2018) p-149

- xxix) Miss. MMM Mufardeen and **Dr MI Manuha**. Lit.Review on Selected Phyto-potential drugs on Stress Management. International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (6th ICAUST 2018) p- 159
- xxx) Miss. HCF Banu and **Dr MI Manuha**. Prevalence of Menstrual Dysfunction and the Association Between Stress and Menstrual Dysfunction in School Going Teenagers of CP/DENU/UDU Fathima M.B.M.V: a Survey. International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (6th ICAUST 2018) p- 160
- xxxi) **Dr.MI Manuha**, Prof. PA Paranagama, Dr. BM Nageeb and Mrs. NZ Iqbal. Determination of anti-oxidant of Native spice mixture used in weight reduction by DPPH radical scavenging assay.. International Symposium on Traditional and Complementary Medicine. 2017 p 211
- xxxii) **Dr MI Manuha**, Prof. PA Paranagama, Dr. BM Nageeb and Mrs. NZ Iqbal. Determination of mineral contents in a native 'spice' mixture used to reduce excess weight. International Symposium on Traditional and Complementary Medicine. 2017 p 212.
- xxxiii) **Dr MI Manuha**, Prof. PA Paranagama, Dr. BM Nageeb and Mrs. NZ Iqbal. Efficacy of the intervention of natural food additives (a 'spice' mixture) in the management of female obesity. . International Symposium on Traditional and Complementary Medicine. 2017 p 211.
- xxxiv) Miss. AJF Fazna, Dr AM Muthalib and **Dr MI Manuha**.Anaemia (Faqr ud Dam) in Unani Medicine – An overview. International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (5th ICAUST 2017), P-34
- xxxv) Dr PR Waratenne, **Dr MI Manuha** and Dr APA Jayasiri. A Study on Paspanguwa Among Sri-Lankan Traditional Medical Practitioners : A Survey. International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (5th ICAUST 2017), p – 40
- xxxvi) Miss MJF Rifha and **Dr MI Manuha**. Scientific Evidence of In-Vitro and In-vivo Anti-inflammatory Activity in Unani Medicinal Herbs used for Woj ul Mufasil: A review. International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (5th ICAUST 2017), p - 248
- xxxvii) Miss MNA Zeinah and **Dr MI Manuha**. Control of High Blood Pressure, Life Style Modification with Diet and Physical Activity – A Literary Review. International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (5th ICAUST 2017), p - 250

- xxxviii) **Dr MI Manuha**, Dr MHM Nazeem and Dr MUZN Farzana. Effects of phytochemicals found in *Curcuma longa* on breast and ovarian cancer cells. 4th National Symposium on Traditional Medicine – 2016, p -33
- xxxix) **Dr MI Manuha**, Dr MHM Nazeem and Dr N Fahamiya. Role of soy phytoestrogens compounds in curing postmenopausal symptoms : A review.4th National Symposium on Traditional Medicine – 2016, p-15
- xl) Dr MHM Nazeem and **Dr MI Manuha**, Dr N Fahamiya. Scientific review on traditional 'paththiyak curry' in milk secretion effect.4th National Symposium on Traditional Medicine – 2016, p-14
- xli) **Dr MI Manuha**, Dr MHM Nazeem and Dr N Fahamiya.'Ora Marundu' home remedy used in upcountry infants' disease prevention – A medical review. 4th National Symposium on Traditional Medicine – 2016, p-54.
- xlii) Dr. FNM Nisamdeen, Dr MHM Nazeem and **Dr MI Manuha**. Eating habits, Body Mass index and Mestrual function in female teenagers in Kadawath Sathara, Galle District. 4th National Symposium on Traditional Medicine – 2016, p – 12
- xliii) Dr MUZN Farzana, **Dr MI Manuha**, Dr N Fahamiya. Plants using in postpartum care by traditional healers a review of literature. 4th National Symposium on Traditional Medicine – 2016, p – 38
- xliv) Dr. MI Shamila, **Dr. MI Manuha**, MSF Silmiya. An External "Head Power" used as immune enhancer and in phlegmatic conditions in infants around Trincomalee District.4th National Symposium on Traditional Medicine – 2016, p – 49
- xlv) Dr. N Fahamiya, Dr MSM Shiffa, Dr MUZN Farzana, **Dr MI Manuha**. Mudir-E-Haiz (Emmenagogue) Drugs in Unani Medicine. 4th National Symposium on Traditional Medicine – 2016, p – 56
- xlvi) Dr MSM Shiffa, Dr N Fahamiya, Dr BM Nageeb, **Dr MI Manuha**. Ilaj Bit Ta'leeq in Chronic pelvic inflammatory disease.4th National Symposium on Traditional Medicine – 2016, p – 61
- xlvii) **Dr MI Manuha**, Dr MHM Nazeem,Dr,BM Nageeb, and Dr AWS Fowziya. Nutritional and therapeutic potentialities of barley seeds (*Hordeum vulgare*): A review.International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (4th ICAUST 2016) p - 161

- xlviij) **Dr MI Manuha**, Dr MHM Nazeem, Dr,BJG Jaywardena. Evaluate the microwave method of cooking with other methods of cooking.International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (4th ICAUST 2016) p – 174
- xliv)Dr MHM Nazeem, Dr,BJG Jaywardena, **Dr MI Manuha**, and Dr MUZN Farsana. Manioc (Manihot esculenta CRANTZ) can be an intervention therapy for cancer International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (4th ICAUST 2016) – 175.
- l) Dr.MMLF Rayeesa and **Dr.MI Manuha**. Efficacy of Aegle marmaloes half ripe fruit juice in dysentery : A case study.International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (4th ICAUST 2016) p – 79
- li) Miss BJG Jayawardhana, **Dr.MI Manuha**,Dr AM Muthalib. Anti –aging ability of Terminalia arjuna bark. International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (4th ICAUST 2016) p-136
- lii) Miss BJG Jayawardhana, **Dr.MI Manuha** and Dr N Fahamiya. A literature review on anti-cancer ability of soursop (Annona muricata).International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (4th ICAUST 2016) p – 137
- liii) Dr PR Waratenna, Dr APA Jayasiri and **Dr.MI Manuha**. Market Survey study on paspanguwa available in Sri-Lankan raw drug market.International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (4th ICAUST 2016) p – 160
- liv) Dr N Fahamiya, Dr MSM Shiffa,Dr MUZN Farzana and **Dr.MI Manuha**. Scientific validation and quality control of Kustha.International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (4th ICAUST 2016) p- 181
- lv) Dr AJF Fazna, Dr AM Muthalib, Dr Fazeenah and **Dr.MI Manuha**. A literary view on medicinal effects of lime (Citrus aurantifolia) and its traditional food value. International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (4th ICAUST 2016), p – 188.
- lvi) Dr MMLF Rayeesa, Dr MUZN Farzana and **Dr.MI Manuha**. Effect of Unani formulation and Ilaj Bil Tadbeer in Ithibas e Tams Sanvi : A case report.International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (4th ICAUST 2016), p – 220
- lvii) Dr AWS Fowziya, Dr AM Muthalib, **Dr.MI Manuha**, Dr SM Mujahid and Dr AHA Fazeenah. The effect of Green-tea on obesity.International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (4th ICAUST 2016) p – 224

- lviii) Dr MUZN Farzana, **Dr.MI Manuha** and Dr AWS Fowziya. Vada llangain Paarampariya unavu 'vadagam' – oru aaivu. 3rd National Symposium on Traditional Medicine. (2015) p – 49
- lix) Dr AWS Fowziya, **Dr.MI Manuha** and Dr MUZN Farzana. Aruhi varum deshiya unavu, vaiithiya muraikal – oru aaivu. 3rd National Symposium on Traditional Medicine. (2015) p – 50
- lx) **Dr.MI Manuha**, Dr AWS Fowziya, and Dr MUZN Farzana. 'Kothipal Kudipaanam' malai naattu makkalin paarampariya saththumikka kudipaanam – oru aaivu. 3rd National Symposium on Traditional Medicine. (2015) p – 51
- lxi) Dr.BM Nageeb, **Dr.MI Manuha**, Prof PA Paranagama, Mrs NZ Iqbal. Intervention of weight reduction designed for obesity remedied on chronic and severe arthritis on both legs : Case study. International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (3rd ICAUST 2015) p – 45
- lxii) **Dr.MI Manuha**, Dr MUZN Farzana and Dr MHM Nazeem. Nutritional value and Functional, Phytochemical and Mineral potentiality of seeds of jack fruit : A review. International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (3rd ICAUST 2015) p – 46
- lxiii) **Dr.MI Manuha**, Dr AWS Fowziya, Dr MUZN Farzana and Dr AHA Fazeenah. Determination of Nutrients in commonly consuming Sri-Lankan Banana varieties International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (3rd ICAUST 2015) p – 47
- lxiv) Dr.FNM Nizamdeen, **Dr.MI Manuha**, Dr MHM Nazeem. Prevalence of Diabetes and Impaired Fasting Glucose (IFG) in Adult population in the Kadawath- Sathara, Galle District. International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (3rd ICAUST 2015) p – 135
- lxv) Dr RF Rismiya, **Dr.MI Manuha**, Dr MHM Nazeem and Dr MI Shamila. Nutritional and Functional Properties of Cuminum cyminum. International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (3rd ICAUST 2015) p – 152
- lxvi) Dr MUZN Farzana and **Dr.MI Manuha**. Potential Anti-fertility Activity of Medicinal Plants – An overview. International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (3rd ICAUST 2015) p – 163

- lxvii) Dr MI Shamila, **Dr.MI Manuha**, Dr MHM Nazeem and Dr RF Rismiyya. Nutritional value, Nutraceutical Application and Functional properties of Garcinia cambogia. International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (3rd ICAUST 2015) p – 268
- lxviii) **Dr.MI Manuha**, Mrs NZ Iqbal, Dr BM Nageeb and Pro PA Paranagama. Impact of a Dietary Intervention on BMI and selected biomarkers among a group of overweight /obesity women. Engineering Social Transformation through Research & Development, Sri-Lanka Foundation Institute, Colombo.(2015) p-55
- lxix) **Dr.MI Manuha**, Mrs NZ Iqbal, Dr BM Nageeb and Pro PA Paranagama. Influence of Physical activity, dietary habits and familial factors among overweight and obese women. Engineering Social Transformation through Research & Development, Sri-Lanka Foundation Institute, Colombo.(2015) p-56-57
- lxx) Dr MUZN Farzana, Dr.IAL Tarique, **Dr MI Manuha**. Knowledge and Understanding about cervical carcinoma, risk factors and prevention among rural women in Padiruppu, and Marutamunai areas, in Ampara Districts of Sri Lanka : A survey study. National conference on Indigenous System of Medicine-2015, Research and Innovation in Indigenous System of Medicine for 21st Century. (2015), P-24
- lxxi) Dr MHM Nazeem, **Dr MI Manuha**, Dr AWS Fowziya. An evidence based nerve regenerating effect of nutraceutical herbs : a systematic review National conference on Indigenous System of Medicine-2015, Research and Innovation in Indigenous System of Medicine for 21st Century.(2015) p – 82 .
- lxxii) Dr MJA Fazmiya, **Dr MI Manuha**, Dr MHM Nazeem. Impact of Curry leaves in nutrition and in Therapeutics – An overview. National conference on Indigenous System of Medicine-2015, Research and Innovation in Indigenous System of Medicine for 21st Century. (2015) p – 99
- lxxiii) Dr MUZN Farzana, **Dr.MI Manuha**, Dr MHM Nazeem and Pro PA Paranagama. High potential phytochemical and in-vivo inflammatory activity of weedy plants in Sri-Lanka : A review. International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (2nd ICAUST 2014) p – 21
- lxxiv) **Dr.MI Manuha**, Dr MUZN Farzana, Dr MHM Nazeem, Dr AWS Fowziya. Potentiate antioxidants in cooking condiments : A review. International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (2nd ICAUST 2014) p – 55

- lxxv) **Dr.MI Manuha**, Mrs NZ Iqbal, Dr BM Nageeb and Pro PA Paranagama. Determination of Vitamin C in Lime and Lemon. International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (2nd ICAUST 2014) p – 122
- lxxvi) **Dr.MI Manuha**, Mrs NZ Iqbal, Dr BM Nageeb and Pro PA Paranagama. HRBC membrane stabilizing as a mechanism of the anti-inflammatory activity of the aqueous and methanol extract of a compound preparation. International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (2nd ICAUST 2014) p – 123
- lxxvii) Dr MUZN Farzana, **Dr MI Manuha**, Dr. MHM Nazeem, Dr BM Nageeb. Prevalence of the polycystic ovarian syndrome in overweight and obesity. International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (2nd ICAUST 2014) p – 182
- lxxviii) Dr.AM Muthalib, **Dr MI Manuha**, Dr BM Nageeb and Dr SM Mujahid. Prevalence of metabolic syndrome and diabetes mellitus among obesity patients in selected hospitals in Sri-Lanka. International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (2nd ICAUST 2014) p – 199
- lxxix) **Dr.MI Manuha**, Mrs NZ Iqbal, Dr BM Nageeb and Pro PA Paranagama. Determination of nutrients in some utilized Sri-Lankan rice varieties. 1st National Symposium on Native Medicine – 2014 p – 32
- lxxx) **Dr.MI Manuha**, Mrs NZ Iqbal, Dr BM Nageeb and Pro PA Paranagama. A comparative preliminary study on prevalence of overweight-obese with socio-economic status among the adult females. International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (1st ICAUST 2013) p- 82
- lxxxi) **Dr.MI Manuha**, Mrs NZ Iqbal, Dr BM Nageeb and Pro PA Paranagama. Prevalence of obesity related health risk conditions among overweight and obesity adult women. International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (1st ICAUST 2013) p 85
- lxxxii) **Dr.MI Manuha**, Mrs NZ Iqbal, Dr BM Nageeb and Pro PA Paranagama. A study on the correlation between BMI of overweight/obese, Total physical activity and cardiovascular risk factors with special reference to dyslipidaemia in adult women. International Conference on Ayurveda, Unani, Siddha and Traditional Medicine (1st ICAUST 2013)
- lxxxiii) Dr MHM Nazeem, **Dr MI Manuha**, Dr AWS Fowziya. Survey study to regularize scarcity of medicines for common diseases at the OPD : Ayurvedic Teaching Hospital (ATH), Borella. National Ayurveda Research Conference (2012) p – 29

lxxxiv) Dr AWS Fowziya, Dr AHA Fazeenah, **Dr.MI Manuha** and Dr DH Thennakoon.
Comparative study on efficacy on Sharbat e Sont and Zimad e Rai with Zimad e Rai alone
on Chronic Sinusitis.3rd International Conference on Medicinal plants and Herbal Products
(2011) p- 43

IX. PUBLICATIONS / BOOKS

- A Book published on 'Maruththuwaathhil Pookkalum Palangalum' for public
English Translation of the Title: Flowers and Fruits in Medicine
(ISBN 978 – 955 – 53376 – 0 – 1)
- A Book published on Maruththuwaathhil Keerai Wakaikal' for public
English Translation of the Title : Leaves in Medicine
(ISBN 978 – 955 – 54111 – 0 – 3)
- A book published for students on Human Physiology in the Light of Unani
Philosophy
Authors: Dr MI Manuha & Dr MHM Nazeem
ISBN 978-955-53376-1-8
- A Book on 'Dieto-theraphy' – In preperation

X. MAIN RESEARCH AREAS

In 2003

Fundermental of Unani medicine

Research done on the body constitution vs some blood components

In 2011 (NCAS grant)

Basics of Fundermental concept obesity patients were treated

Invention of spice mixture for female obesity

In 2018

Ayurveda formulation related laboratory study – progressing

In 2019

Efficasy of the compound of traditional medicine for Kusa pilikawa (abdominal
cancer) – initiated.

XI. PATENTS

A Spice mixture was invented to reduce excess weight in obesity.

Title of the Invention : Development of spice mixture to reduce obesity and Method of preparation thereof.

XII. ACADEMIC AWARDS

- i) Award of Certificate in Teaching in Higher Education (CTHE) – 2004/2005. Offered by Staff Development Centre (SDC), University of Colombo, Colombo, Sri Lanka
- ii) Award of SEDA Values (Staff and Educational Development Association) 2005. Offered by Staff and Educational Development Association, UK

XIII. PROFESSIONAL MEMBERSHIPS

Member / Ethical review Committee	2018- 20
Member / FERCSL (Forum of Ethical Review Committee Sri Lanka) Committee	2018- 20
Chairperson / Curriculum development Committee (Unani)	2018- 19
Member /Board of Study in Unani (PGIIM)	2019- 21
Member / BUMS curriculum , Prospectus : Examination rules and regulation Evaluation Committee	2018
Member/ Examination subcommittee	2018
Member / Selection Committee / Post of Works Aid (Grade 3)	2018
Member / Research Management Committee	2018
Member / Leave and award committee	2018
Member / Interview Panel / Recruitment Post of Laboratory Attendant internal	2018
Member / Board of Management	2017- 2018
Member / Senate, University of Colombo	2017- 2018
Member / Standing Committee	2017- 2018
Member / Committee on Revealing Organizational Information	2017
Member / Land & Building management Committee	2017
Member / Selection and Evaluation Committee –Post of Senior lecturer Gr I &II	2017
Member / Committee for PG Program / IIM	2017
Member/ BUMS curriculum development and evaluation committee	2016
Member/ Examination subcommittee	2016
Member / College and Hospital Board	2015- 2018
Committee / Subject Benchmark Statement	2015 -2016
Member / Ethics and Academic Accountability for Academic Staff in the Sri Lankan University system	2015

Member / Ethics and Academic Accountability for Academic Staff in the Sri Lankan University system	2015
Member / Students Hand Book Committee (Unani)	2010, 2011
Member / Project procurement sub-committee , English Language - HETC project	2010/11
Curriculum Development Committee /IIM	2010
Member / Library Committee	2007- 2010
Member / committee of Student welfare	2009
Member / Project Planing Committee (HETC / UDG)-IIM	2010

XIV. EDITORIAL ACTIVITIES

Member of Editorial Board of the Sri Lanka Journal of Indigenous Medicine (SLJIM), IIM.	2014 – 2017
Member of Advisory and Editorial Board of the International Journal of Multidisciplinary Educational Research (IJMER)	2019

XV. COMMUNITY ACTIVITIES

Oration/ Directly to the audience

- A Seminar on 'Prevention of Obesity' was conducted for the teachers and parents at K/Jamiul Azhar Central College, Uda-talawinna, on 14.09.2019
- A Seminar on 'Awareness of Breast Cancer' was conducted for the public at Al-Safa Maha Vidyalaya, Wattegedara on 14.09.2019
- A Seminar on 'Prevention of Obesity' was conducted for the teachers and parents at K / Madina Central College (National School), Madawala on 09.07.2019
- A Seminar on 'Awareness of Breast cancer ' was conducted for the teachers and parents at K / Madina Central College (National School), Madawala on 09.07.2019
- An oration was delivered on the 'Importance of Higher Education' at the fresher's welcome programme on 23.05.2017 at Fathima Muslim Ladies College, Colombo -12
- A Seminar on Non – Communicable disease was conducted for the parents at WP/GM/DARUSSALAM PRIMARY SCHOOL, on 12.05.2017 at Thihariya.
- A presentation was delivered to the parents and senior students on 'Breast Cancer awareness' on 30.10.2015 at WP/ JAYA/ SRI JAYAWARDENAPURA HINDU VIDYALAYAM, RAJAGIRIYA
- A presentation was delivered to the parents and senior students on 'Breast Cancer awareness' on 23.10.2015 at Balangoda Jailani national School
- A Dengue Awareness program' was conducted at WP / JP / Rajagiriya Roman Catholic Tamil Mixed Vidyalayam, Rajagiriya

Communicate the public through media

- Done communication on obesity via radio programmes
- A **live TV programs** on Obesity was conducted in the channel Nethra-TV on 25.04.2017
- An article was written on obesity in Tamil news paper / Tamil Magazines

XVI. ACP (ACADEMIC AND CAREER PLANING) Activities

- Organizing Secretary / 4th International Conference on Ayurveda, Siddha and Traditional Medicine (ICAUST) – 2016
- Co-organizer / 5th ICAUST 2017
- Member / Organizing Committee - 6th ICAUST 2018
- Member / Correspondence with Foreign Delegates and Resource Persons Committee of 6th ICAUST 2018
- Co-chairperson / Advertisement and Sponsorship Committee - 6th ICAUST- 2018
- Member / Web Designing , Brochure and Publication Committee - 6th ICAUST- 2018
- Member / Steering Committee of 5th ICAUST 2017
- Member / Advertisement and Sponsorship Committee of 5th ICAUST 2017
- Co-chairperson, Scientific Program , 3rd National Symposium on Traditional Medicine 2015
- Member / Committee for Arrangement s of Inaugural and Scientific sessions. 3rd National Symposium on Traditional Medicine 2015
- Chairperson / Scientific Programme, 5th ICAUST 2017
- Co-chairperson / Scientific Programme , 4th National Symposium on Traditional Medicine 2016
- Chairperson / Scientific Programme, 3rd International Conference on Ayurveda, Siddha and Traditional Medicine 2015
- Member / Reception , Infrastructure Development and Registration Committee, 3rd ICAUST 2015
- Member / Abstract, Research Paper Review and Editorial Committee, 3rd ICAUST 2015
- Co-chairperson, Poster session, 3rd National Symposium on Traditional Medicine 2015
- Member / Certificate designing and issuing Committee, Seminar of Geriatric Care 2015
- Member / Organizing Committee, 3rd National Symposium on Traditional Medicine 2015

- Co-chairperson / Scientific program, 1st National Symposium in Native Medicine
2018
- Chairperson / Technical Evaluation Committee (TEC) for purchase workmen lockers
2018
- Chairperson / TEC for purchase steel furniture
2018
- Chairperson / TEC for printing items
2018
- Chairperson / TEC for purchase white board
2018
- Chairperson / TEC for supply multimedia furniture
2018
- Chairperson / TEC for purchasing stationary
2018
- Chairperson / TEC for supply AC
2018
- Member / Selection and Evaluation Committee –Post of Senior lecturer Gr I &II
2017
- Member / Committee for PG Program / IIM
2017
- Member / Selection Committee / Post of Works Aid (Grade 3)
2018
- Member / Interview Panel / Recruitment Post of Laboratory Attendant internal
2018