

College of Medicine and Healing Arts



Whole-Person Paradigm in Research | **28 May 2022**

M Salim Khan
M.D. (M.A.) M.H. D.O.

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446 East Park Road, Leicester, LE5 5HH, UK

Website: www.CoMHA.org.uk

E-Mail: admissions@CoMHA.org.uk

Phone: +44 (0)116 273 86 14



M Salim Khan

M.D. (M.A.) M.H. D.O.

Herbalist, Nutritionist,
Iridologist





**In the name of Allah, the Most
Compassionate, the Most Merciful.**

**All Praise is due to Allah,
Lord of all the Worlds.**

**Peace and blessings upon Allah's
Messenger, Muhammad.**

United Kingdom



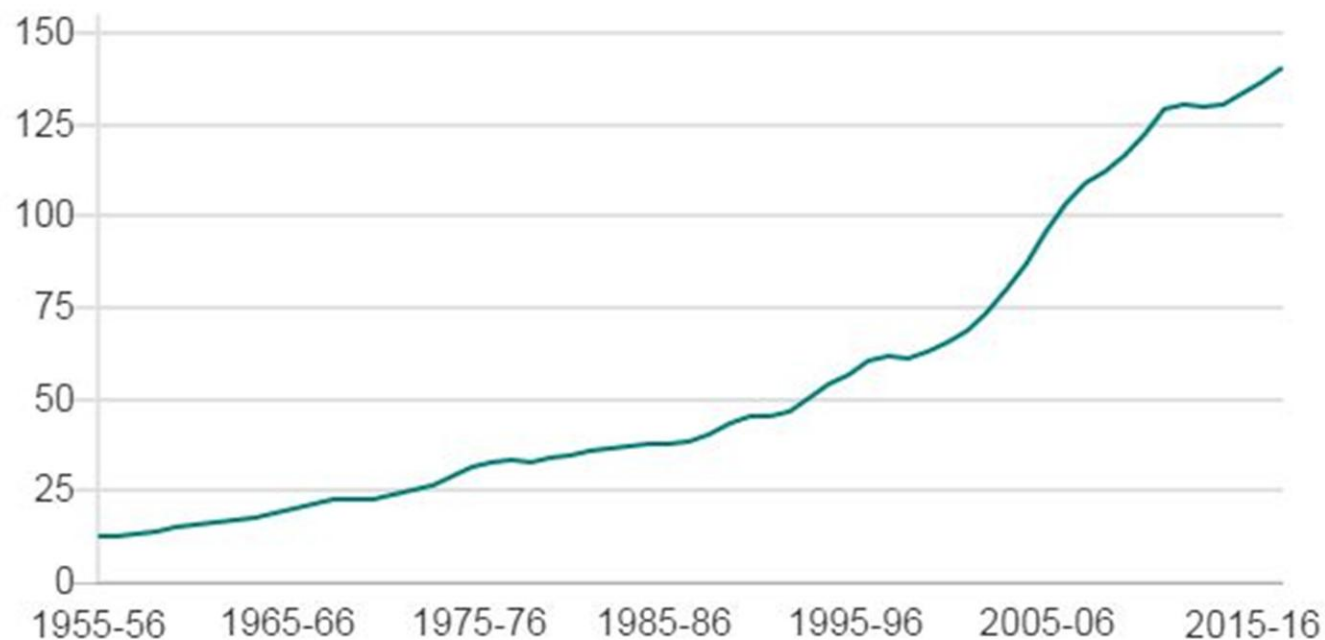
Home of the NHS



In 1948, UK became the first country to provide universal free healthcare for the entire population.

How the NHS budget has grown

Health spending in the UK (£bn in 2016-17 prices)



Source: IFS

BBC

CRITICAL



● **NHS in crisis
as budgets cut**

● **A&E swamped,
long waits for GP**

EXCLUSIVE by NICK
McDERMOTT, Health Editor

THE National Health Service is at breaking point, an alarming analysis by The Sun shows.

Record numbers are using GP surgeries – and swamping hard-pressed A&E units when they cannot get appointments.

More people are also on prescription drugs, while budgets are being squeezed.

A third of Brits told YouGov polls for The Sun that their local NHS has got worse in the past year. And leading doctors have warned of a “ticking timebomb” unless politicians act fast.

Full Story – Pages Four & Five

● **More of us on
prescription pills**

● **Docs warn of
care ‘timebomb’**

Why Modern Medicine Is A Major Threat To Public Health



Modern medicine, through over-prescription, represents a major threat to public health. Peter Gotzsche, co-founder of the reputed Cochrane Collaboration, estimates that prescribed medication is the third most common cause of death globally after heart disease and cancer.

UK – Case Study



- In the UK, use of prescription drugs is at an all-time high, with almost half of adults on at least one drug, and a quarter on at least three – an increase of 47% in the past decade.
- It's instructive to note that life expectancy in the UK has stalled since 2010, the slowdown being one of the most significant in the world's leading economies.

UK – Case Study – NHS



- The greatest stress on the NHS comes from managing almost entirely preventable chronic conditions such as heart disease, high blood pressure, and type 2 diabetes.
- Type 2 diabetes alone (demonstrated to be reversible in up to 60% of patients) takes up approximately 10% of the NHS budget.

UK – Case Study – NHS



- The total NHS budget in the UK in 2018 was £114 billion and so approximately £11,400,000,000 was spent on Type 2 diabetes.
- A disturbing report from the British Heart Foundation suggests that heart attacks and strokes are set to “surge” in England over the next 20 years as the prevalence of diabetes continues to increase.

Reasons That The Public Are Seeking Traditional And Natural Approaches



1. Chronic and degenerative lifestyle diseases.
2. Fear of iatrogenic diseases.
3. Seeking safe, effective, sustainable, natural health care solutions.
4. Seeking balance and wholeness.
5. Seeking meaning and purpose in their illness and suffering.
6. Looking for wisdom-based approach.

Why Use CAM?



1.	Helps or relieves injury/condition	25%
2.	Just like it	21%
3.	Find it relaxing	19%
4.	Good health/wellbeing	14%
5.	Preventative measure	12%
6.	Do not believe in conventional medicine	11%
7.	Doctor referral	11%
8.	To find out other ways of life	11%
9.	Way of life	8%
10.	Cannot get government treatments	7%

Statistics



- Estimated UK annual expenditure of £1.6 billion on CAM (in 1999)
- The global complementary and alternative medicine market size was valued at USD 82.27 billion in 2020 and is expected to expand at a compound annual growth rate (CAGR) of 22.03% from 2021 to 2028.

Education in Unani Medicine - Discordance with Systems Epistemology and Canons (Laws)



"In 2006, the Planning Commission convened a Task Force for AYUSH education, which found that the curriculum and course content across systems was unsatisfactory. The Task Force concluded further that most AYUSH educational institutions do not provide quality medical education, a feature compounded by poor infrastructure and lack of qualified and committed faculty...

Education in Unani Medicine - Discordance with Systems Epistemology and Canons (Laws)



... This yielded ill trained AYUSH practitioners who lacked knowledge of the fundamentals of the concerned systems of medicine, and were unable to practice in accordance with the best of their systems. Specifically, both under-graduate and post-graduate courses were described as “blindly imitative of the corresponding courses in Allopathic medicine... to the extent that the very character of the AYUSH systems gets comprised.”

Research in Unani Medicine



- The lack of research data is due to inappropriate healthcare policies, as well as inadequate research methodologies for understanding and evaluating Unani medicine.
- Ongoing research in Unani medicine is focussing more on modern medicine than on the Unani tradition itself and its strengths.

Research in Unani Medicine - Discordance with Systems Epistemology and Principles



- Despite considerable effort within the last 70 years, research in Unani medicine has not gained much recognition in the contemporary world.
- The reasons are many, however, the quantity and quality of the safety and efficacy data on Unani medicine is far from sufficient to meet the criteria needed to support its use worldwide, in particular in Europe, UK and USA.

Research in Unani Medicine



- Predominantly, research in preventative medicine has been confined to cross-section studies in line with modern medicine protocol, without taking into consideration the contrasting epistemology and principles of the Unani Tibb tradition which has reservoirs of knowledge and expertise in disease prevention and health promotion.

Research in Unani Medicine



- Research done on Unani medicine in the last seven decades has followed the reductionist model based on Newtonian physics.
- It is unsuitable as it is based on old Newtonian physics which sees the universe and nature as being dead and inert, and without meaning and purpose.

Research in Unani Medicine



- This is unethical as it is based mostly on animal experimentation. It also is dehumanising as it sees human beings as mere machines, or at best, sophisticated apes.
- Modern medicine has developed from logic of modern science which follows the reductionist approach, whereas Unani medicine is known for its holistic and individualised approach.

Methodology for Research in Unani Medicine for 21st Century



- In the last fifty years of research, there have been many emerging approaches for evaluation and validation of complementary and alternative medicine (CAM) and wisdom-based traditions such as Unani medicine.
- These include: whole systems research (WSR); retrospective treatment outcome survey (RTO); comparison of prognosis and outcome study (CPO), just to name a few.

Methodology for Research in Unani Medicine for 21st Century



- Unani Tibb physicians and researchers need to enhance the core competencies of Tibb without compromising its foundational principles, rather than competing and veering towards modern medicine.
- In particular, to regalvanise the preventative wisdom and experience of Unani Tibb.

Methodology for Research in Unani Medicine for 21st Century



- Unani Tibb research methods should resonate with the core principles and methodologies of the Unani tradition.
- Unani physicians, researchers and scholars need to genuinely develop effective, safe, economical, and sustainable solutions to modern health problems.
- Solutions to particularly the degenerative and chronic diseases.

What We Offer



1. Whole-person AND individualised approach.
2. Reconnection with nature, and with meaning and purpose.
3. Safe and effective natural remedies.
4. Personalised nutritional recommendations.
5. Personalised lifestyle recommendations.
6. Time
7. Hope



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Thank You For
Your Participation