



**BioNatural Healing
College** Cultivating knowledge,
skills, and character of
students.



Online BNHC-E Magazine

February 2026

#83



BNHC
Online Diploma/MS degree

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BNHC Board of Directors: Dr. Nadir Siddiqi Ph.D., Mrs. Aziza Siddiqi, Mr. Zalmi Gulzarzada, Mr. Ghaus Siddiqi, Mr. Naveed Siddiqi

On behalf of BioNatural Healing College (BNHC), it is with great pleasure that we extend Thanks & appreciation to Dr. Aicha Blama for her very informative research article and contribution to this February 2026 BNHC E-Magazine edition. We look forward to receiving her invaluable contribution in the future and wish Dr. Blama all much success in her future endeavors.

Staff & Faculty: Mrs. Zarghuna Bashary, Mrs. Lima Naderi Mr. Wais Seddiqi, Prof. Dr. Mohammad Nabi Aslamy, Dr. Azza Mahmoud, Dr. Rebecca Michael, Dr. Mehdi Kamali, Dr. Bera Dordoni, Dr. Pamir Mohmand, Dr. Tanveer Alam, Dr. Vivek Sharma, and Dr. Mona Salem. Dr. Marayam Ekramazadeh, Dr. Imranulla Shah, Dr. Pratibha Sharma and Dr. Shivani Sharma.

Learning: BioNatural Healing College

Medicinal plants, Nutrition, Health, Environment, Body, Mind, Spirit, Sleep, Exercise, and related issues.

Science Research:

Agriculture, Environment, Public Health, Technology

Innovation, Educational Announcement (Conference, Workshop):

BNHC News & Advertisements:

About US: Mission, Vision

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Message: from the President of BioNatural Healing College (BNHC)



Greetings,

With profound gratitude to the Creator of all creation (Almighty God), who blesses, sustains, and inspires us with His perfect knowledge and wisdom, BioNatural Healing College (BNHC Online, Nonprofit), based in Pomona, California, is pleased to present the February 2026 edition of the BNHC E-Magazine. We celebrate this new season with hope and a renewed commitment to advancing our mission and vision of sharing education, hope, and healing. We are pleased to congratulate and welcome our new faculty members—Dr. Maryam Ekramzadeh (Guest Professor), Dr. Pritbah Sharma, Dr. Bushra Shaيدا, Dr. Imran Ullah Shah, and Dr. Shivani Sharma. We are delighted to learn from them and to share their wealth of knowledge and experience with BNHC students and the BNHC E-Magazine learning community. We extend heartfelt appreciation to all contributors, supporters our dedicated researchers, faculty, staff, students, and engaged readers—for their invaluable feedback and steadfast support.

This magazine is designed as an educational resource, offering diverse insights and expert perspectives from around the world. All content is intended solely for informational and educational purposes, and the views expressed are those of the individual authors, independent of any official affiliation with BNHC. We hope this edition serves as a rich source of knowledge and inspiration, supporting your ongoing journey of learning, healing and the sharing of wisdom throughout life's seasons. On behalf of the entire BNHC team, we wish you continued health, happiness, and prosperity in throughout life.

Warmest regards,

Dr. M. Nadir Siddiqi, Ph.D.

BioNatural Healing College



BioNatural Healing College

Cultivating knowledge, skills, and character of students.

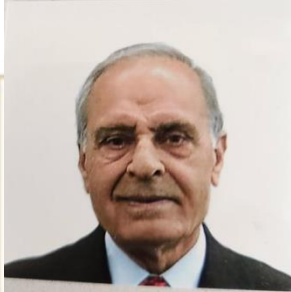
(BNHC Online) – Leadership, Faculty, and Staff

President

Dr. Nadir Sidiqi Ph.D.

BNHC

Prof. M.
Nabi
Aslamy



Dr. Azza
Mahmoud

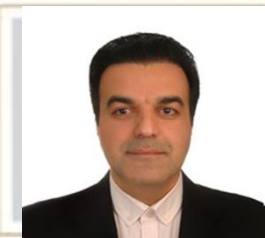
FACULTY

Dr. Rebecca Ankham

Dr. Bera Dordoni

FACULTY - NAME

Dr. Mehdi
Kamali



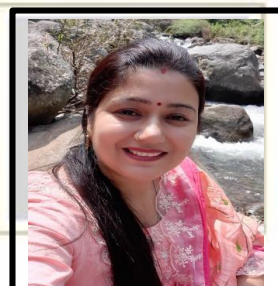
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Dr. Tanveer Alam

Dr. Maryam
Ekramzadeh

Dr. Pamir
Momand



Dr. Pratibha Sharma

Dr. Imranulla Shah

Dr. Bushra
Shaida

Dr. Mona Salem

Mrs. Zarghuna Bashary

Mrs. Lima Nadri

Mr. Wais Seddigi



Dr. Shivani Sharma

college.org

3. A series of complex chains involved with food production from the field to the mouth of the human body desperately needs scientific research to maximize healthy, nutritionally food production and end malnutrition and food insecurity.

5. Listen, love, appreciate, and respect with deep conscience and subconscious the connection between the genes of your body and beautifully ecologically in sense of feeling, feeding,



**BioNatural Healing
College**

**Stands on 7 Core
Pillar Foundations as
follows**

1. All living organisms are made from water. This beautiful connection connects us to praise the Creator of Creation for the provision of feeding, fueling, and healing to humanity.

2. No harm to public health and environmental health (Biodiversity) including pollinators, surface water, groundwater, soil, and air

4. Harmful pests such as insects, and pathogens causing to human and plant health and loss of economic problems. BioNatural chemicals from plants, microorganisms, and ocean-living organisms exist and need further research to discover along with safety to utilize for the health improvement of humans as well as BioNatural Pest Management (insects, fungi, bacteria, viruses, nematodes, weeds, rodents, etc.).

6. The brilliant human mind can be irrigated with balanced drinking clean water as a whole-body system to detoxify the toxicant from their body systems as well as to detoxify the soil, water, and environment from harmful chemicals, particularly pesticides through collaboration, and dedication from the individual, family, community, and scientific community locally and globally.

7. BNHC provides a high-quality science-based foundation through online education to fit and accommodate the needs of each prospective student for the sustainability and prosperity of his or her own, family, community, and humanity.



BioNatural Healing College

Cultivating knowledge, skills, and character of students.

(BNHC Online)

1. Water is Life's Foundation



All living organisms are connected through water, praising the Creator for provision, fulling, and healing.

2. Environmental Harmony



Protecting public and environmental health, including biodevisity, pollintors, soil and water

3. Food Systems & Health



Scientific research is crucial to maximize healthy food production and end maltinlcation

4. BioNatural Pest Management



Researching plant-based solutions for managing pests and improving human health

5. Conscious Connection



Listen, love, appreciate, and respect biological and connection within ourselves

BioNatural Pest Management



Researching plant-based solutims harmful pests and improny human health

7. Education for Sustainability



BNHC provides high-quality science-education for personal, family, and community prosperity

6. Water & Detoxification



Clean water detoxixs online sciencebased enviroiran from harmful chemicals, through collective effort

Traditional Herbal Therapy for Postpartum Women in Southern Algeria

Dr. Aicha Blama, Research

*Agri Food Technologies Division Research Algerian
National Institute for Agricultural Research*

Abstract: In the Algerian Sahara, the postpartum woman occupies a very important social and cultural place. Ensuring the best possible physical conditions before delivery as well as the mother's and child's recovery after delivery, is a priority. To this end, invaluable knowledge and skills are passed down from mother to daughter to support women through the use of medicinal plants and health rituals. The study carried out in 2018 aimed to highlight the different plants as well as their uses and preparations used to support women giving birth, in the In Salah region. The field survey of 184 women and 127 men demonstrated the use of at least 49 plants in pre and postpartum support of the future mother. Among them, the main plants most frequently cited (see %) for their use before childbirth during labour were (*Phoenix dactylifera* 44.13%; *Rosmarinus officinalis* 15.39%; *Cinnamomum zeylanicum* 15.39%; *Allium cepa* 4.33%). Care during this period aims to help the woman give birth and breastfeed the newborn, especially by drinking herbal tea, eating foods rich in vitamins. Concerning the medicinal plants most frequently cited (see %) in postpartum support, 23 plants were cited including dates *Phoenix dactylifera* 15.25%; *Triticum* 14.61%; *Trigonella foenum-graecum* 14.76%; *Nigella sativa* 10.27%; *Artemisia herba-alba* 4.29%; *Lawsonia inermis* 15.61%; *Erica sativa* 10.17%; incense 11.11%. Pregnancy aims to provide physical and psychological care for the woman, especially by conducting massage sessions). The practices to support women in their recovery are varied and involve the use of medicinal plants daily for food and hygiene, as well as other types of care. This traditional therapy is mainly based on the use of these plants in the form (%) of foods, herbal teas, massage oils, baths, etc. Among these practices, diet plays a central role and certain foods and dishes are particularly consumed during the postpartum period, notably 17.00% 'el hassa' soup; date 17.11%; couscous 16.95%; herbal tea 11.81%; 'Doua el more' (mixture of herbs 14.85%); 'sfaia' soup 12.31%) and other respites 9.93%. In order to maintain her health, beauty, and prestige in society. The reason to take care for newborn. The study carried out in the In Salah region showed that the know-how associated with the use of medicinal plants represents a precious and unique cultural heritage for maintaining women's health in the societies of the Algerian Sahara. These traditional therapies are an important heritage to preserve and transmit for the good of humanity and future generations. **Keywords:** In Salah, postpartum women, Traditional therapy, sociocultural study, medicinal plants.

The author connects this blessed relationship between mother and giving birth from the spiritual point of view. This sacred connection is based on a religious aspect to begin with:

وَوَصَّيْنَا الْإِنْسَانَ بِوَالِدَيْهِ حَمَلَتْهُ أُمُّهُ وَهْنًا عَلَى وَهْنٍ وَفِصَالُهُ فِي عَامَيْنِ أَنِ اشْكُرْ لِي وَلِوَالِدَيْكَ
إِلَيَّ الْمَصِيرُ ﴿١٤﴾

We have entrusted the human being with the care of his parents. His mother carried him through hardship upon hardship, weaning him in two years. So give thanks to Me, and to your parents. To Me is the destination. (Quran Chapter 31 Surah 31 Luqman verse 14).

• ﴿وَوَصَّيْنَا الْإِنْسَانَ بِوَالِدَيْهِ إِحْسَانًا^ط حَمَلَتْهُ أُمُّهُ كُرْهًا وَوَضَعَتْهُ كُرْهًا^ط وَحَمْلُهُ وَفِصَالُهُ ثَلَاثُونَ
شَهْرًا^ع﴾

• [الأحقاف: 15]

We have enjoined upon man kindness to his parents. His mother carried him with difficulty, and delivered him with difficulty. His bearing and weaning takes thirty (30) months. (Quran Chapter 46 Surah Al Ahqaf 46 verse 15)

Introduction: In the Algerian Sahara, the postpartum woman occupies a very important social and cultural place. Ensuring the best possible physical conditions before delivery as well as the mother's and child's recovery after delivery, is a priority. To this end, invaluable knowledge and skills are passed down from mother to daughter to support women through the use of medicinal plants and health rituals. This researcher demonstrated some practices in the postpartum period in the InSalah region to understand ancestral knowledge about

Traditional herbal therapy for postpartum women in southern Algeria (Tidikelt) (latitude: 27° 11' 36.64" N, longitude: 2° 27' 38.48" E) town in the central Algerian Sahara. **The postpartum period** is the period after delivery of the conceptus when maternal physiological and anatomical changes return to the nonpregnant state. The postpartum period, also known as puerperium, starts following the expulsion of the placenta until complete physiological recovery of various organ systems. The postpartum period is divided into three arbitrary phases, i.e., acute phase - the first 24 hours after delivery of the placenta, early – up to 7 days, and late – up to 6 weeks to 6 months. Each phase has its unique clinical considerations and challenges (Romano and Cacciatore, 2010; Brown et al. 1999; Chauhan and Tadi, 2023). ‘In many cultures, it is also seen as a precarious period, rendering the new mother vulnerable to illness, and specific traditional practices are observed to ensure recovery and avoid ill health in later years’ (Cindy-Lee et al. 2007). **The World Health Organization's endeavors on motherhood and childhood:** The guideline highlights the importance of woman-centered care to optimize the experience of labour and childbirth for women and their babies through a holistic, human rights-based approach” (WHO, 2018) (WHO recommendations: intrapartum care for a positive childbirth experience). In line with the targets of Sustainable Development Goal 3 – ensure healthy lives and promote well-being for all at all ages – and the new Global Strategy for Women’s, Children’s and Adolescents’ Health (2016–2030), ”(WHO, 2018). **The WHO intrapartum care model:**“The majority of approximately 140 million births that occur globally every year are among women without risk factors for complications for themselves or their babies at the beginning and throughout labour. Nevertheless, the time of birth is critical to the survival of women and their babies, as the risk of morbidity and mortality could increase considerably if complications arise” (WHO, 2018). **Schematic representation of the WHO intrapartum care model.** This guideline aims to improve the quality of essential intrapartum care with the ultimate goal of improving maternal, fetal, and newborn outcomes.” WHO recommendations: intrapartum care for a positive childbirth experience. Geneva: World Health Organization; 2018. License: CC BY-NC-SA 3.0 IGO

In line with the targets of Sustainable Development Goal 3 – ensure healthy lives and promote well-being for all at all ages – and the new Global Strategy for Women’s, Children’s and Adolescents’ Health (2016–2030), ”(WHO, 2018)

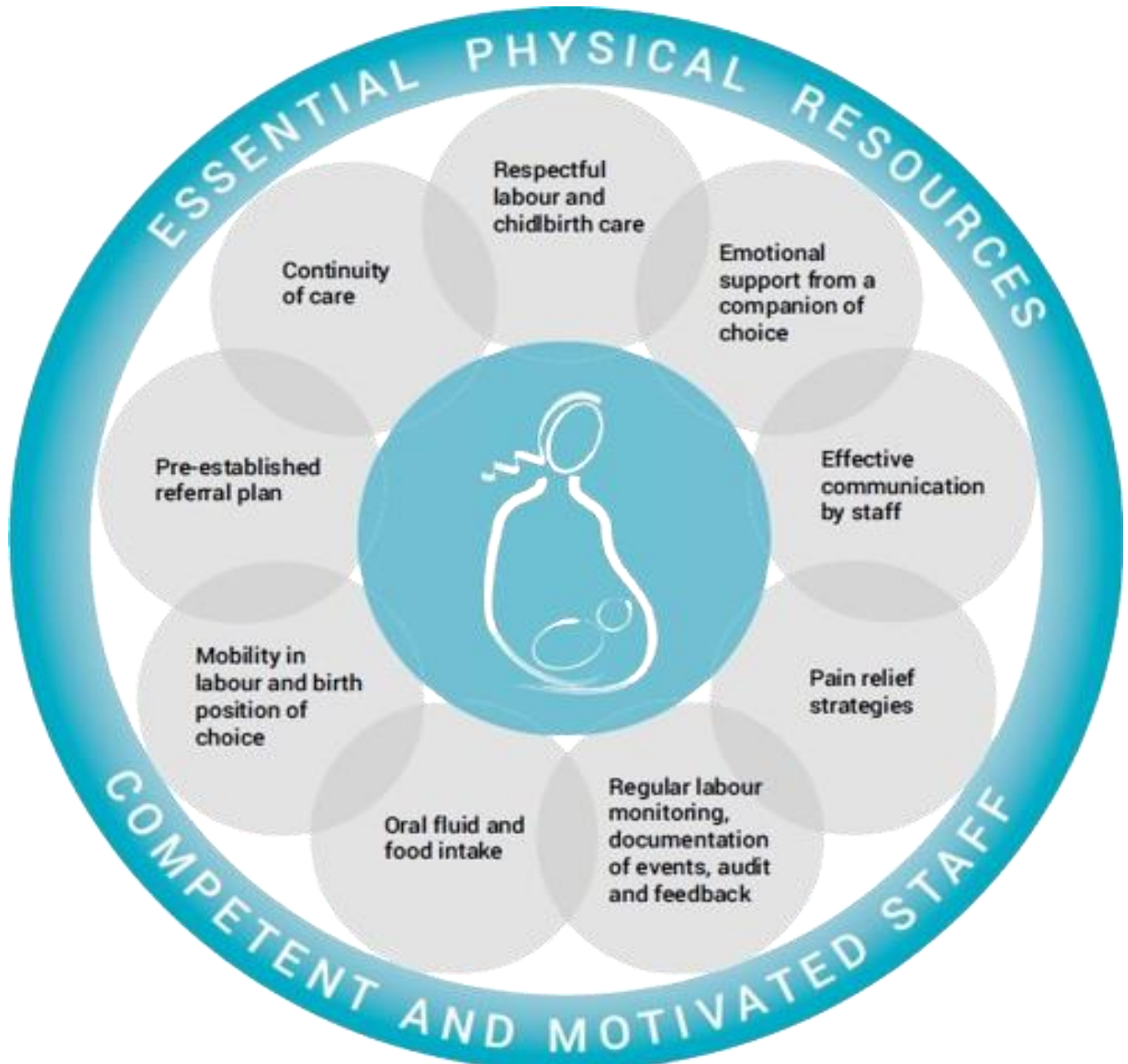
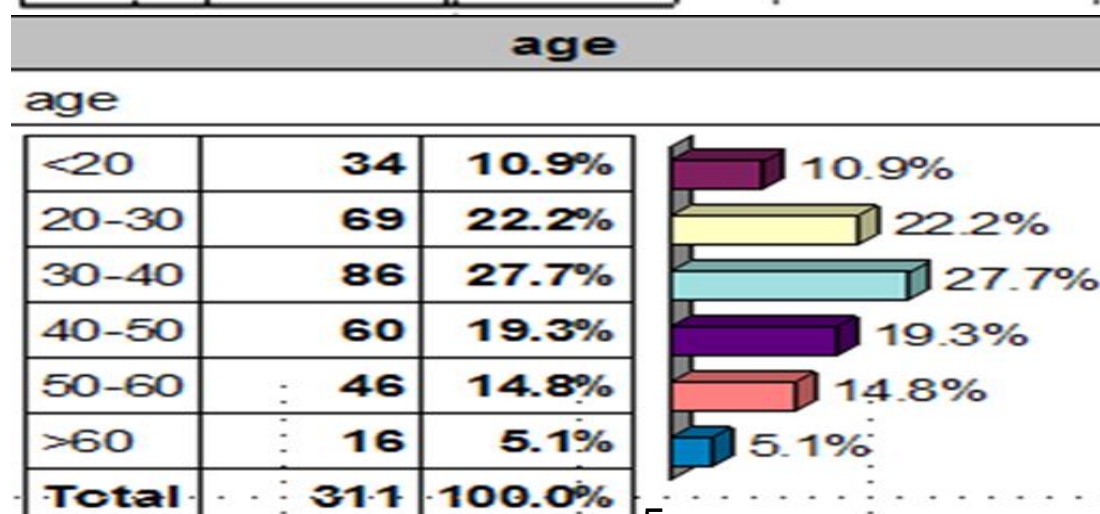
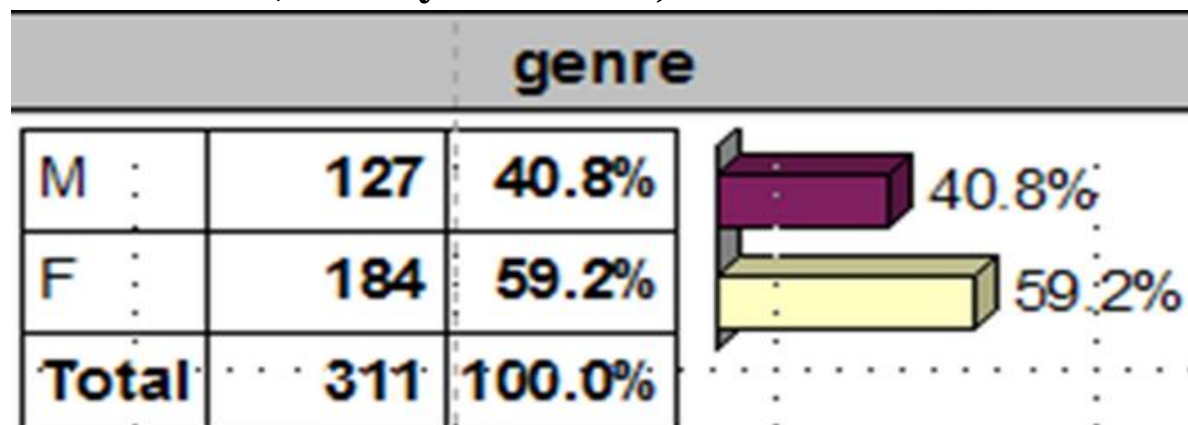


Figure 1 Schematic representation of the WHO intrapartum care model

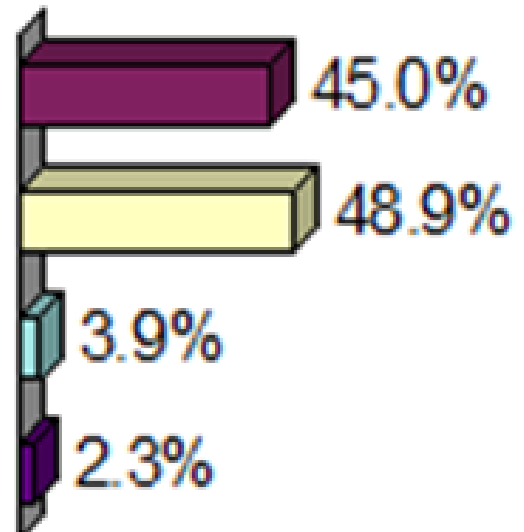
Materiel and method: Descriptive statistics used in the study by random Sample “describing the main features of the distribution of important characteristics of the participants included in a study is the first step in most papers reporting statistical analysis” (Pickering, 2017). The field survey -Target Population: “Population is commonly related to the number of people living in a particular country.”(Taherdoost, 2016), The target population is 184 women and 127 men. Adults are included in both genders. Age groups: 20-30, 30-40, 40-50, 50- and > 60 years, divided by gender. Qualitative research methods are also used to understand more information. The goal of qualitative research is the development of concepts which help us to understand social phenomena in natural (rather than experimental) settings, giving due emphasis to the meanings, experiences, and views of all the participants » (Mays et Pope, 1995, p. 43). Prolonged involvement in the field plays an effective role in explaining the phenomenon under research by virtue of the researcher’s affiliation with the research area.

Descriptive characteristics of participant samples (gender, age, level of education, family situation).



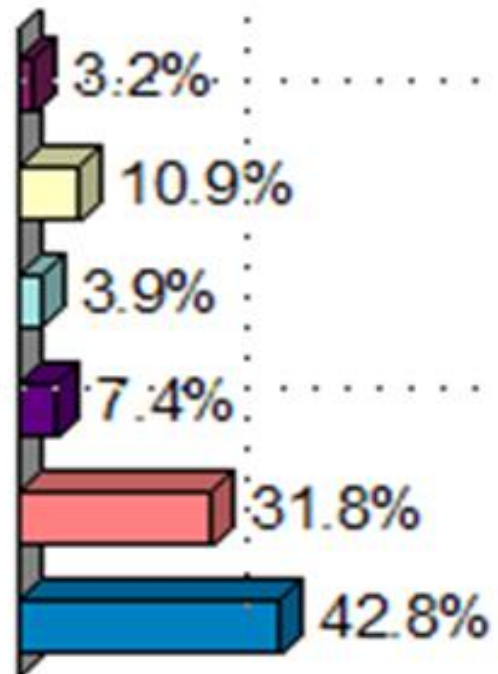
Situation familiale

Célibataire	140	45.0%
Mariée	152	48.9%
Veuf	12	3.9%
Divorcée	7	2.3%
Total	311	100.0%



Niveau académique

Analphabète	10	3.2%
Ecrire	34	10.9%
Primaire	12	3.9%
Moyen	23	7.4%
Secondaire	99	31.8%
Universitaire	133	42.8%
Total	311	100.0%



Result and Discussion: Prenatal care before and during labor: **Before childbirth during labor care.** In the Tedikelt region, when a woman gives birth for the first time, the postnatal period lasts forty days, with the woman's family. During this period, care must be taken to prepare for childbirth, most notably by drinking herbal tea and eating foods rich in vitamins. Among them, the main plants most frequently cited (see %) for their use before childbirth during labor were

- *Phoenix dactylifera* 44. 13 %
- *Rosmarinus officinalis* 15, 39 %
- *cinnamomum zeylanicum* 15, 39%
- *Allium cepa* 4.33%

Care during this period aims to help the woman give birth and breastfeed the new-born, especially by drinking herbal tea, eating foods rich in vitamins. pregnancy aims to provide. The plant reference in the Holy Qur'an: Allah the Most Sublime Says.

“And shake the trunk of the palm-tree towards you, and it will drop ripe dates by you” (Quran Chapter Mary 19 Surah 19 Maryam verse 25)

و(هَزَيْ إِلَيْكَ بِجِدْعِ النَّخْلَةِ تُسْقِطُ عَلَيْكَ رُطْبًا جَنِيًّا) الآية 25

Dates have fatty acids that make prostaglandin, which is important for the uterine contractions, to provide strength to uterine muscles, prevent spontaneous labor, ease and speed up the delivery process. Date foos affect the oxytocin receptors to decrease anxiety, followed by the initiation of acceleration of delivery."Al-Dmoor2021

Postpartum care: Care targeted during the postpartum period, including drinking herbal teas and eating vitamin-rich foods. Concerning the medicinal plants most frequently cited (see %) in postpartum support, 23 plants were cited, including:

- -*Phoenix dactylifera* 15.25%;
- -*Triticum* 14.61%;

- Trigonella foenum-graecum* 14.76%;
- Nigella sativa* 10.27%;
- Artemisia herba-alba* 4.29%;
- *Lawsonia inermis* 15.61%;
- Eruca sativa* 10.17%; incense
- Incense10.94%

Table 1 Medicinal plants uses in postpartum care

Scientific Name	Family	Common Name English	Common Name Arabic/Algeria	Part used	Recipe
<i>Phoenix dactylifera</i>	Areaceae	Dat palm	Nahkl	Fruits	Fresh ripe dates; Ground dried dates ‘sfouf’
<i>Triticum</i>	Poaceae	Wheat	Qamh	Seeds	a cereal grain for : Soup; Porridge and couscous
<i>Trigonella foenum-graecum</i>	Fabaceae	Fenugreek	Alhalba	Seeds	Spice; Herbal drink and dishes (sfouf, couscous, soup‘hasa’))
<i>Nigella sativa</i>	Ranunculaceae	black cummin, nigella,	Sanuj; habat albaraka, alkamuwn al'aswad	Seeds	Spice; Herbal drink and dishes (sfouf, couscous, soup ‘hasa’)
<i>Eruca sativa</i>	Brassicaceae	Rocket	Jirjir; Har	Seeds	Spice; (soup‘hasa’)
<i>Lawsonia inermis</i>	Lythraceae	henna tree	Hina		Dyeing postpartum women’s hands and feet

Lawsonia inermis and incense “The countries that have these traditions have very low rates of postpartum depression” (Cartwright Jones c 2002).

“Performance of postpartum rituals, particularly those which include henna, for South Asian, Middle Eastern and North African women during the forty days after birth may reduce their high levels of depression in their host countries to levels found in their indigenous countries” (Cartwright Jones c 2002)

Practice diet: Postpartum: special meals are prepared for postpartum women to facilitate their recovery from childbirth and restore their figure, so they receive special attention, especially when it's their first birth.

Among these practices, dishes consumed during the postpartum period, notably:

- 'hasa' soup 17.00% ;
- Date 17.11%;
- couscous 16.95%;
- herbal tea 11.81%;
- ‘Doua el more’ (mixture of dried herbs 14.85%);
- ‘sfaia’ soup 12.31% and other respites 9.93%.
- ‘Safaya" is a sauce made from dried meat boiled in water and seasoned with fenugreek, sundried tomatoes, salt and a little oil. It is drunk by postpartum women after giving birth. In order to maintain her health, beauty and prestige in society.
- Safuf Al-Nafsa (سَفُوف النفساء) : This dish is composed of pearl millet flour, mixed with crushed herbs such as ‘Um Al-Nafsa’ wormwood (Tadoq), clarified butter (Samn), and "Al-Klila" dried sheshe traditionnel
- Pearl Millet (*Pennisetum glaucum*): (*Artemisia campestris*): Field wormwood, Asteraceae family.
- *Ammodaucus leucotrichus* (Um Dirga/Akman): Apiaceae family.
- "Safuf Al-Nafsa," representing a part of the local heritage and showcasing how the community utilizes natural resources available in oases 9

- Zunbu' or Frikehflour:
- ‘Zunbu’ or frikeh flour One of the dishes known as Tedikelt, locally called “Zanbu soup.” has ‘a’ “wheat grains in the stage of dough maturity and the beginning of waxy maturity” (Naasa et al., 2006).
- It is considered the primary source of colloidal protein and starch, while the embryo and the aleurone area are rich in fats, non-colloidal protein, and some vitamins, and therefore freekeh grains contain large proportions of these elements (Naasa; et al., 2006)
- Dkhan Porridge): The Bedouins appreciate Dkhan porridge, and in the absence of Dkhan, they prepare porridge from wheat, pearl millet, and barley.

Massage and Well-being

A woman's appearance after childbirth is very important: the practice of wrapping, massaging and swaddling with a blanket for a week after delivery, until the organs gradually return to their normal shape. A camel-hair rope is wrapped around the woman's waist down to her feet, for about half an hour. This allows the woman to care for her newborn. Swaddling is carried out by women specialized in this field.

- She takes care of the beauty of her face by painting it with red clay “hemira” and tightening the abdomen with gauze ‘shush’, to regain its shape, throughout the post-partum period. But at specific moments, each practice has its controls, and the main objective is to try to bring the body back to its normal position.

Conclusions

The study conducted in the Ain Salah (Tidikelt) region showed that, the knowledge associated with the use of medicinal plants represents a valuable and unique cultural heritage for preserving women's health in the societies of the Algerian Sahara. These traditional treatments are an important heritage that must be preserved and passed on for the benefit of humanity and future generations.

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Formal religious practice addresses the metaphysical needs of a mother and child after a birth (hennapage.com)

Hanee M. Al-DmoorMiraculous Properties of Date Fruit and Perspective of Modern Science MITTEILUNGEN KLOSTERNEUBURG71(2021) 2

Mitteilungen Klosterneuburg (mitt-klosterneuburg.com)
Illustrated_Book_Marked%20حديقة%20القران%20الكريم

Acknowledgement: Pr. Malika Douzane, Pr. Nassima Mokhdani, Mrs Fernandez Aurèlie, Mrs Ferdousse Merzaia

Ramadan Fasting: Hunger, Faith, and Physical Healing

By Dr. M. Nadir Siddiqi Ph.D

Introduction: An estimated 2 billion Muslims around the world observe and celebrate the holy month of Ramadan through fasting. In this February 2026 edition of the BNHC E-Magazine, the author aims to plant seeds of beneficial knowledge and good deeds by sharing the health benefits of Ramadan. Just as spring brings fresh leaves and renews life in nature, living beings prepare for healthier survival by shedding what is harmful. Similarly, the blessed month of Ramadan offers a special time to detoxify the mind and body from physical, biological, chemical, and spiritual toxins, protecting the human heart and mind from harmful influences and negative thoughts, while promoting physical and chemical healing of the body. Just as deciduous trees shed their leaves and enter a restful dormancy to conserve energy and prepare for new life in spring, human beings in Ramadan ‘shed’ excess desires and habits, slow down worldly consumption, and protect their hearts and bodies so they can emerge renewed after the month. Indeed, the Creator of all creations (Almighty God) was, is, and will be forever aware of all human affairs and his environment, particularly health and disease. As such, fasting has been practiced for millennia, including in Islam, Christianity, Judaism, Buddhism, Jainism, and other religions worldwide for spiritual, ethical, moral, and health benefits. The word “Ramadan” itself is derived from the Arabic words “parched thirst” and “sunbaked ground.” For Muslims, meaningful thoughts and performances of many spiritual activities, such as prayers, recitation of the Quran, reflection, kindness, and generosity, all as good deeds, bring a bridge between mind and heart, and peaceful satisfaction is observed.

Humans, and even many animals, practice fasting, and similar adaptive responses are seen throughout eukaryotic life, including animals, plants, fungi, and some unicellular organisms. Numerous studies show that fasting triggers adaptive cellular mechanisms that reduce oxidative damage and inflammation, optimize energy metabolism, and enhance cellular protection. Ramadan, the month of fasting in Islam, is the ninth month of the Islamic (Hijri) lunar calendar, which is based on a 12-month year of about 354 days; because this lunar year is roughly 11 days shorter than the solar year, each lunar month, including Ramadan, shifts about 10–11 days earlier each solar year. As of 2025–2026, the global Muslim population is estimated to be over 2 billion people, representing approximately 25-26% of the total world population. Ramadan is one of the five pillars of Islam, commemorating the revelation of the Holy Quran to the final Prophet Muhammad (Peace be upon him). **All healthy adult Muslims (who do not have specific health issues) who have reached puberty are required to fast for a month (29-30 days), except for pregnant or nursing women, the sick, travelers, disabled, and elderly individuals.** Muslims fast from pre-dawn to sunset, fasting for anywhere from 11 to 16 hours depending on time and location worldwide. They must abstain completely from eating, drinking, smoking, and sexual intercourse during this period. Indeed, it is a time for spiritual introspection and closeness to Almighty Allah (God). As Allah Almighty states: ***“O you who believe! Fasting is prescribed for you, as it was prescribed for those before you, that you may become righteous”*** (Quran Chapter 2 Surah Al Baqarah verse:183). Fasting in Islam offers many benefits, primarily spiritual and social. During the fast, Muslims experience hunger and thirst, which helps them better understand the

suffering of hungry and poor people in communities worldwide especially those with limited access to food and water. Additionally, the sense of charity and donations by those Muslims who are financially able emphasizes the importance of Ramadan. At the end of Ramadan, Muslims celebrate “Eid al-Fitr” with prayers and festivities in mosques or open spaces. However, our discussion on the health benefits of Ramadan continues in the rest of this publication. **Ramadan: Cultivating Tranquility in Heart and Mind:** Ramadan is the blessed month during which one finds oneself more connected to Almighty Allah (God), asking for help to build and develop good deeds, self-control, and spiritual, moral, and social qualities for a healthy life. As Almighty Allah (God) Says

الَّذِينَ ءَامَنُوا وَتَطْمَئِنُّ قُلُوبُهُمْ بِذِكْرِ اللَّهِ ۖ أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ ٢٨

“Those who believe and whose hearts find comfort in the remembrance of Allah (God). Surely it is in the remembrance of Allah (God) that hearts find comfort”. (Quran Surah 13 Surah Ar-Ra’d verse 28). One of the benefits of the blessed months of Ramadan is that there is a custom of gathering around the Iftar (meal breaking fast) along with their family and community members, which fosters a feeling of solidarity in society.

Psychological importance of Ramadan: To Muslims, Ramadan fasting is more than completely abstaining from food and drink. Also, fasting is refraining from any type of immoral, bad behavior and interaction with indecent speech, debating, fighting, and having lustful thoughts. It means this is the purification of the mind, body, and soul, harmonizing an individual’s inner and outer spheres (Ahmad S, et al., 2012). **Fasting in Animal Life: Insights and Implications:** The Almighty God, Creator of all creation, has designed every living system with perfect wisdom, knowledge, and balance. Animals in nature rarely experience continuous food intake; instead, they eat and digest in harmony with their circadian rhythms¹, and when food becomes scarce, feeding naturally stops or is reduced. For example, phocid seal pups are intensively nursed for a short period, then left alone on ice or shore without food when their mothers return to sea².

Fasting cycles are observed in many species and are linked to behavioral, morphological, metabolic, and physiological adaptations that reduce energy expenditure and preserve homeostasis (a stable internal environment). Animal models show diverse fasting patterns depending on species, environment, and physiological needs, as described by Visioli and colleagues in their work on traditional and medical applications of fasting (2022)³. These animal fasting patterns invite reflection on human physiology and the meaning of fasting in human life. Broadly, fasting behaviors in animals can be grouped into four main categories: **(1) Hibernation**, a seasonal dormancy used to survive cold and food scarcity (during harsh environmental conditions); **(2) Estivation**, a seasonal dormancy to cope with heat and water scarcity; (e.g., high temperatures and water scarcity) **(3) Migration**, moving to new environments in search of food; and **(4) Natural fasting** due to incidental lack of food⁴. **Fasting and Human Health: Evidence from Research:** Fasting has been practiced for centuries for religious, ethical, and health-related purposes. Contemporary research commonly describes three main fasting modalities: Ramadan (dawn-to-sunset whole-day fasting), time-restricted feeding, and alternate-day or intermittent fasting. Studies indicate that fasting can lower blood glucose, reduce cholesterol levels, and decrease systolic blood pressure, making Ramadan-style fasting a potentially useful option for some individuals with mild to moderate, stable non-insulin-dependent diabetes, obesity, or essential hypertension under medical supervision⁵. In addition, recent work in inactive volunteers suggests that religious fasting during Ramadan can help reduce stress, anxiety, and depressive symptoms in certain people. As mentioned above, fasting has been practiced for many centuries for various purposes, including religious, ethical, and health. The fasting protocol consists of three modalities: Ramadan (whole-day fasting), time-restricted feeding, and alternate-day fasting (intermittent fasting). Researchers suggest that fasting has physiological effects: Lower blood sugar, lower cholesterol, and lower systolic blood pressure⁶. Fasting during Ramadan would be an excellent treatment option for mild to moderate, stable non-insulin diabetes, obesity, and essential hypertension. Moreover, a recent study on inactive volunteers found that religious rituals such as fasting during the holy month of Ramadan can lower stress, anxiety, and depression in certain people.

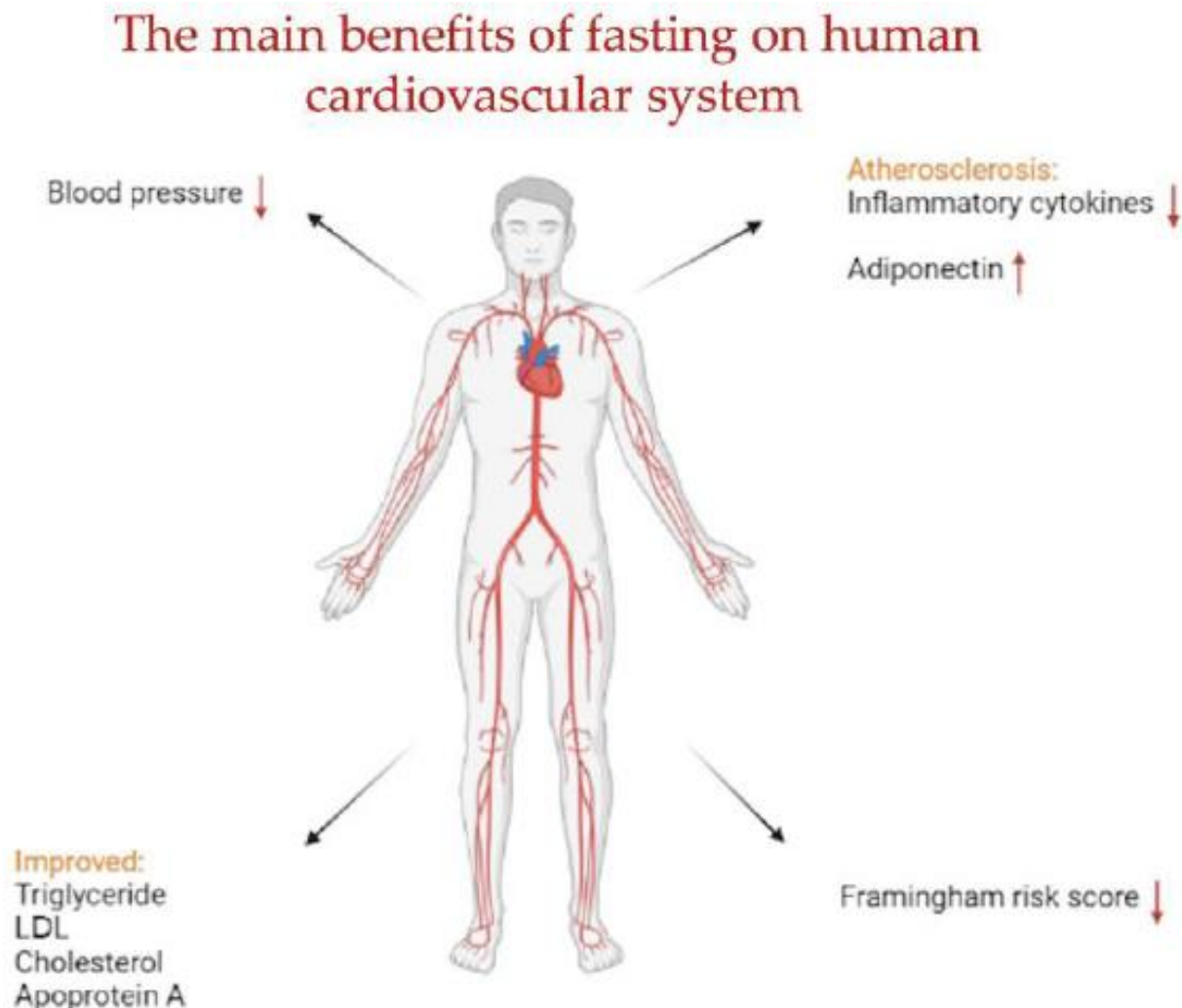
Fasting (Ramadan) and Health Benefits in Obesity and Diabetes:

Type 2 diabetes is one of the major health issues associated with obesity. Type 2 diabetic patients have complex mechanisms, particularly in the development of insulin resistance in obese patients. For instance, systemic chronic inflammation and ectopic lipid accumulation (Trouwborst I, et al., 2018., Minokoshi Y., et al., 2012)^{7,8}. However, leptin, a hormone secreted by adipocytes, is known to play a functional role in body weight management by signaling to the hypothalamus and other brain regions to reduce food intake and increase energy expenditure (Minokoshi Y., et al., 2012)⁹. The current lifestyle requires a new dynamic shift for losing weight, as many studies have shown. Ramadan fasting relates to the FTO gene, a metabolic gene related to energy metabolism, body fat deposition, and expression downregulation in obese people. However, in brief, Ramadan fasting may have a preventive effect against body weight gain and associated negative metabolic-related derangement in obese people (Mi M., et al., 2022)¹⁰. Obese people are three to four times more likely to develop diabetes Type 2 diabetes than non-obese people. Obese patients who are suffering from diabetes have found fasting a promising alternative and non-medicinal treatment option for Type 2 Diabetes Mellitus (T2DM), a metabolic disorder characterized by hyperglycemia primarily due to insulin resistance (Albosta et al., 2021)¹¹. Fasting has emerged as a promising non-pharmacologic adjunct in the management of type 2 diabetes mellitus, a condition characterized by hyperglycemia primarily due to insulin resistance.

Ramadan Fasting: Health Benefits for the Cardiovascular System:

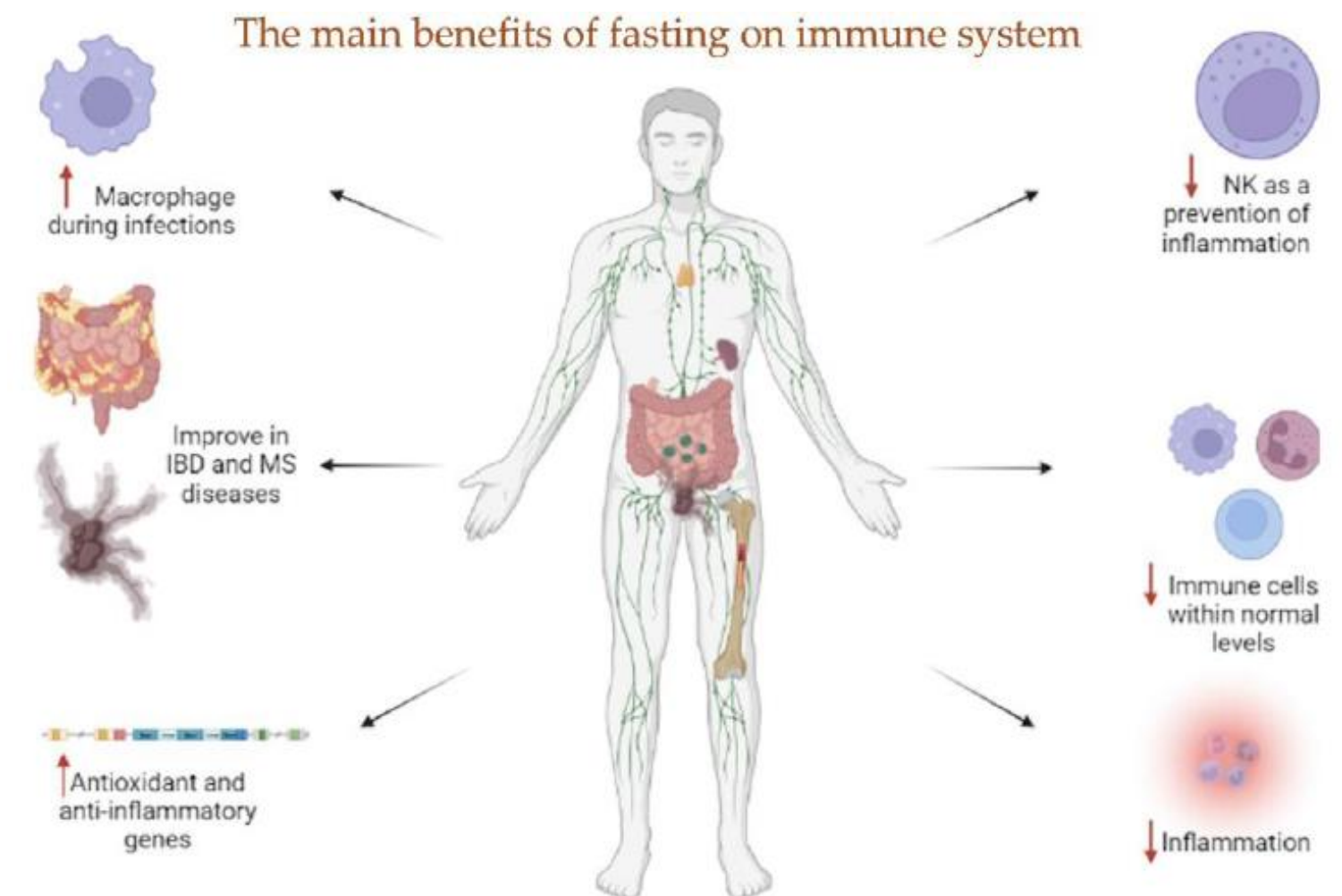
WHO estimates each year 17.9 million people die due to cardiovascular diseases (CVDs)¹². CVDs are alert health issues that require wise management to mitigate the risk factors associated with increased mortality rates, such as smoking, obesity, lack of physical activity, disorder of lipid metabolism, hypertension, diabetes, and poor diet; additionally, the genetic factors^{13,14}. Lifestyle modification and behavior changes, particularly diet, play a crucially important role in the prevention of cardiovascular diseases.

A study has shown the effect of Ramadan fasting on lipid profile and cardiovascular risk factors in patients with stable coronary heart disease. This study has compared the values before and after Ramadan values, levels of apoprotein A, low-density lipoprotein-cholesterol, triglycerides, and cholesterol significantly ameliorated after Ramadan fasting. Additionally, the fasting blood glucose and C-reactive protein (CRP) levels have considerably reduced¹⁵. Another study has shown that people who practice fasting during Ramadan improve HDL, LDL, triglycerides, and very low-density lipoprotein levels with a reduction of Framingham risk score, an average of 13.8 to 10.8 ¹⁶, however, there are numerous studies and articles available that share two studies.



Source: https://www.researchgate.net/profile/Christian-Legros/publication/376029412_Unlocking_the_Benefits_of_Fasting_A_Review_of_Its_Impact_on_Various_Biological_Systems_and_Human_Health/links/65ea0c93aaf8d548dcdf5dfc/Unlocking-the-Benefits-of-Fasting-A-Review-of-Its-Impact-on-Various-Biological-Systems-and-Human-Health.pdf

Ramadan Fasting: Health Benefits for the Immune System: Studies have shown fasting helps the immune system function better by lowering inflammation and reducing oxidative stress¹⁷. For instance, fasting from dawn to sunset (Ramadan fasting) has been demonstrated to improve immune system function by reducing chronic inflammation and oxidative stress, enhancing metabolic profile, and remodeling the gut flora¹⁸. Another study indicates that Ramadan fasting enhances macrophage counts while decreasing bacterial levels in the body. Furthermore, this study found that RFP can boost interferon-gamma (IFN- γ), which activates antimicrobial systems in the body¹⁹. The below Fig 2 will give thoughtful insights into Ramadan fasting and the immune system relationship.



Source: https://www.researchgate.net/profile/Christian-Legros/publication/376029412_Unlocking_the_Benefits_of_Fasting_A_Review_of_Its_Impact_on_Various_Biological_Systems_and_Human_Health/links/65ea0c93aaf8d548dcaf5dfc/Unlocking-the-Benefits-of-Fasting-A-Review-of-Its-Impact-on-Various-Biological-Systems-and-Human-Health.pdf

Ramadan Fasting: Health Benefits for Cancer: In 2020, 19.3 million people were affected by cancer, causing the death of around 10 million people worldwide, which is characterized by uncontrolled cell proliferation and has become the most devastating disease, causing increased morbidity and mortality worldwide²⁰. A study was conducted on 14 healthy subjects (13 males and 1 female) who fasted for 30 days consecutively for more than 14 hours per day. The results showed that fasting from dawn to sunset is correlated to an anticancer proteomic signature²¹. What makes fasting an important issue, especially in cancer patients, is the safety provided by fasting even when patients are undergoing chemotherapy or any other therapy, and this is the common point in the clinical studies. As such, a recent clinical trial proved that fasting during the holy month of Ramadan in colorectal cancer patients receiving chemotherapy is safe²². To share from the article, the term “Autophagy” originates from Ancient Greek, where the word “auto” means “self” and “phagin” means “to eat”. Therefore, “autophagy” can be translated literally as “self-eating” or “self-devouring”. (Shah., et al., 2023)²³. The function of autophagy in cancer is complex, and its role may vary depending on numerous biological factors, such as tumor type, progression phase, genetic landscape, activation of oncogenes, and inactivation of tumor suppressor genes^{24,25}. Therefore, autophagy can be associated with either preventing the development of cancer or allowing cancer cell proliferation, adaptation, survival, and metastasis^{26,27}. However, during Ramadan fasting, malnutrition occurs, and autophagy is activated to clear protein aggregates and other cellular garbage particles for recycling, resulting in health benefits. **Ramadan Fasting: Health Benefits for the Digestive System:** As reported in the article “The Effect of Fasting on Health of Digestive System, 2021”.

The digestive organs (digestive tract, enzymes, and hormones) can rest for 14 h during fasting; whereas when not fasting, the vital organs of digestion will work continuously to digest food for approximately 18 h, when fasting the organs in our bodies take a break from hard work grind food. Because the stomach is empty while fasting, food is more easily absorbed, and nasty germs are unable to live, allowing us to avoid a variety of ailments. As a result, fasting can have an impact on the health of the stomach's digestive system. During fasting, changes in eating patterns produce various. changes in the body, particularly in the digestive tract. Fasting allows the digestive system to relax, which can help reduce the risk of digestive disorders or even cure them. The stomach is also not filled with food for several hours while fasting. Stomach acid production will decrease at this time to avoid acid erosion of the stomach wall. As a result, fasting may have an impact on the health of the digestive system. **Conclusion:** Ramadan is one of the five pillars of Islam, commemorating the revelation of the Holy Quran to the final Prophet Muhammad (Peace be upon him). All healthy adult Muslims (who do not have specific health issues) who have reached puberty are required to fast for a month (29-30 days), except for pregnant or nursing women, the sick, travelers, disabled, and elderly individuals. Fasting in Islam offers many benefits, primarily spiritual, social, and health benefits. During the fast, Muslims experience hunger and thirst, which helps them better understand the suffering of hungry and poor people in communities worldwide—especially those with limited access to food and water. Besides refraining from food and drink, fasting is refraining from any immoral, bad behavior and interaction with indecent speech, debating, fighting, and having lustful thoughts. This blessed month of Ramadan, with its spiritual, ethical, social, and health benefits, is healing of the mind and well-being. This creates an opportunity for all to all open the door of further research to the scientific community to discover the specific gene to various health related issue to both the Muslim and non-Muslim world. Ramadan, a blessed, healthy month are recommended by the Creator of creation, Almighty God, to His Humanity.

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Dr. Maryam Ekramzadeh Short Biography

I am an Assistant Professor of Nutrition & Dietetics with over seven years of combined experience in teaching, research, and clinical practice. My work focuses on evidence-based nutrition interventions and medical nutrition therapy for chronic diseases, including kidney disease, diabetes, obesity, and cardiovascular conditions. I completed postdoctoral research at Harbor-UCLA Medical Center and have authored nearly 50 peer-reviewed publications in high-impact journals.

My professional background emphasizes the critical connection between nutrition, mental health, and overall well-being. I am particularly interested in how dietary patterns, food security, and nutrition education influence cognitive function, stress, and mental health outcomes across diverse populations. Through both my research and teaching, I emphasize inclusive, trauma-informed, and student-centered approaches that recognize the role of nutrition in supporting resilience, academic success, and health equity.

I am deeply passionate about mentoring students, community counseling, and translating research into real-world practice. My interests include functional foods, herbal supplements, and innovative, technology-enhanced approaches to education and healthcare delivery that improve accessibility and engagement. I am committed to advancing health equity by addressing social determinants of health and supporting underrepresented and underserved communities through interdisciplinary collaboration and applied research. BioNatural Healing College (BNHC Online) is very pleased to have Dr. Maryam Ekramzadeh as a Guest Assistant Professor.



Dr. Imranullah Shah

Short Biography

Dr. Imranullah Shah is an Assistant Professor (BS-19) of Nutrition and Health Promotion at the University of Home Economics, Lahore. He is a nutrition scientist with expertise in nutritional epidemiology, clinical nutrition, and public health nutrition, with research focused on type 2 diabetes, metabolic syndrome, and insulin resistance using large population-based datasets. A recipient of the Chinese Government Scholarship (CSC), he earned his PhD from Harbin Medical University, China, and has published in high-impact, SCI-indexed journals. His professional experience spans academia, clinical practice, and international public health programs, including UNICEF, with a strong commitment to research excellence and academic leadership.

Assistant Professor (Aug 2022–Present)

Department of Nutrition & Health Promotion, University of Home Economics, Lahore. **Assistant Professor** (Nov 2021–Aug 2022)

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National Commission for Human Development /UNICEF-KP

Clinical Nutritionist (Oct 2014–Oct 2015)

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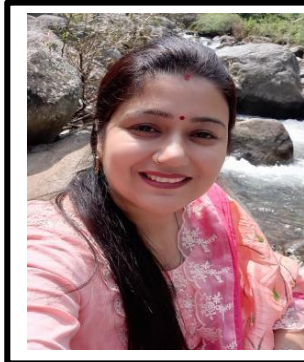
Research gate Profile: <https://www.researchgate.net/profile/Imranullah-Shah> **BioNatural Healing College (BNHC Online) is very pleased to have Dr. Imranullah Shah as an Assistant Professor.**



Dr. Bushra Shaida Short Biography

Dr. Bushra Shaida is an academician and researcher in **Nutrition and Dietetics** with over **10 years of teaching and research experience**. She is currently serving as **Assistant Professor** at Centre of Nutrition and Dietetics, **Jamia Hamdard, New Delhi**, and has previously worked at **Sharda University** as Assistant Professor. She holds a **Ph.D. in Foods & Nutrition** from Amity University, Noida, with research focused on the prevention of psychosomatic symptoms using seed extracts, along with an **M.Sc. in Nutrition** from the University of Lucknow and a **B.Sc. in Home Science** from Aligarh Muslim University. Her areas of expertise include **Public Health Nutrition, Dietetics, Nutritional Assessment, Food Product Development, Health Education, and Nutritional Research**. Dr. Shaida has guided **Ph.D., postgraduate, and undergraduate students**, published research papers and book chapters, and is the **recipient of multiple patents and copyrights** in nutrition and food technology. She has also served as a **principal investigator and consultant** on funded research and industry projects, actively contributes to curriculum development, and regularly engages in community nutrition outreach and professional training programs.

BioNatural Healing College (BNHC Online) is very pleased to have Dr. Bushra Shaida as an Assistant Professor.



Dr. Pratibha Short Biography

Dr. Pratibha is an accomplished Indian biotechnologist with specialized expertise in molecular breeding, marker assisted selection, and biochemical analysis of nutritionally enriched crops. She earned her Ph.D. in Biotechnology, with her doctoral research focused on “*Development of Maize Composites with High Nutritional Quality through Marker Assisted Breeding and their Biochemical Analysis.*” Her research integrates modern molecular techniques with biochemical and nutritional evaluation to enhance crop quality and food security. Dr. Pratibha completed her M.Sc. in Biotechnology with distinction, securing 88.2% marks and receiving a Certificate of Merit for academic excellence. She obtained her B.Sc. (Hons.) in Biotechnology, and completed her early education in Punjab (India). Her strong academic foundation is complemented by hands-on industrial training in quality assurance at IND-SWIFT Ltd., Mohali (India). Her research interests span marker assisted gene pyramiding, genome editing, genetic engineering, bioinformatics, nutritional enhancement, natural plant product analysis, GC-MS and HPLC techniques, trace mineral analysis (AAS), antioxidant and antimicrobial assays, tissue culture, and cell line-based studies. She has demonstrated proficiency in advanced analytical techniques and data handling, along with strong command of Microsoft Office and AI-based digital tools. Dr. Pratibha has actively contributed to national and international scientific forums through poster and oral presentations, webinars, workshops, and specialized training programs. She has received several academic recognitions, including Best Poster Award, First Prize in oral presentation at national conferences, and ranking in national-level quiz competitions. She has also served as an organizing committee member for academic events and participated in DST-STUTI advanced instrumentation training. She is the co-author of the book “*Marker Assisted Gene Pyramiding in Maize Lines (Zea mays L.)*” published by LAP Lambert Academic Publishing. Dr. Pratibha has published multiple research papers in reputed Scopus- indexed and Springer Nature journals, particularly in the areas of maize biofortification, GC- MS characterization of medicinal plants, antioxidant and antidiabetic activity, and phytochemical analysis of Indian Himalayan flora. With a strong commitment to research, innovation, and academic excellence, Dr. Pratibha aspires to contribute meaningfully to educational and research institutions by applying her scientific expertise, leadership abilities, and problem-solving skills toward sustainable agricultural and biotechnological advancement.

BioNatural Healing College (BNHC Online) is very pleased to have Dr. Pratibha as an Instructor.



Dr. Shivani Sharma

Short Biography

Dr. Shivani Sharma is a botanist and plant science researcher specializing in medicinal plants, phytochemistry, and cytomorphological studies. She is pursuing her Ph.D. in Botany from Eternal University, Baru Sahib, Himachal Pradesh, with her research focused on the morphological, cytological, and phytochemical evaluation of *Boerhavia* species from the Himalayan region.

She holds a M.Sc. and B.Sc. in Botany and has strong academic and research experience in phytopharmacological studies, antioxidant and antimicrobial assays, and advanced analytical techniques including RP-HPLC, GC-MS, and chromatographic analysis. Her work contributes to the scientific validation of medicinal plants used in traditional healing systems.

Dr. Sharma has published multiple research papers in reputed Scopus-indexed journals and has actively presented her research at national and international conferences including Bio-Natural Healing College platforms. She has also participated in specialized workshops and training programs related to plant biotechnology, cytometry, intellectual property rights, and medicinal plant research.

With a deep interest in natural healing, medicinal plant research, and sustainable healthcare, Dr. Shivani Sharma is committed to advancing scientific knowledge and promoting evidence-based applications of herbal and alternative medicine.

BioNatural Healing College (BNHC Online) is very pleased to have Dr. Shivani Sharma as an Instructor.

BNHC Community Outreach and Education



**Mr. Nawab Khan BNHC
Student Coordinator**

On January 30, 2026, BioNatural Healing College (BNHC Online) nonprofit based in Pomona, California, had the honor to visit and set up a display table with an online diploma in Nutrition and Brain Function consultant, Plant-Based Nutrition, Herbal Science & Master Herbalist, BioNatural Pest Management, and MS degree in Online the Friday prayer at the Islamic Center in Jurupa Valley, California. We sincerely appreciate the respected Imam Shah and the community for their support and opportunity.

“BioNatural Healing College (BNHC) sincerely appreciates your generous contribution towards the Gift of Education. Your donation plays a pivotal role in supporting scholarships for students in need, empowering them to achieve their educational aspirations. We extend our deepest gratitude for your generosity and commitment to education.”

Scholarship Waiting, List Students	Online Diploma/ MS Degree
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- 1. Ziaurrahman Arman MS degree Tuition Fee \$2500
- 2. Ms. Salma Hanifi Nutrition & Brain Function Consultant Tuition Fee \$1600
- 3. Forozan Afzali Nutrition & Brain Function Consultant Tuition Fee \$1600
- 4. Asilla Nikzai Nutrition & Brain Function Consultant Tuition Fee \$1600
- 5. Somaya Omar Nutrition & Brain Function Consultant Tuition Fee \$1600
- 6. Maryam Samim Nutrition & Brain Function Consultant Tuition Fee \$1600

- 7. Samira Gheysai Nutrition & Brain Function Consultant Tuition Fee \$1600
- 8. Ghatol Shahab Nutrition & Brain Function Consultant Tuition Fee \$1600
- 9. Eid Bibi Sayar Nutrition & Brain Function Consultant Tuition Fee \$1600
- 10. Rahela Waziri Nutrition & Brain Function Consultant Tuition Fee \$1600
- 11. Aisha Nutrition & Brain Function Consultant Tuition Fee \$1600

BNHC is a Nonprofit Online Institution that offers Online 4 Diploma/Master in 29 BioNatural Health Sciences.



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Scholarship Waiting, List Students	Online Diploma/ MS Degree
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- 12. Ghufran Ali Plant-Based Nutrition Diploma Tuition Fee \$2500
- 13. Salar Agha BioNatural Pest Mangement Online diploma Tuition Fee \$1600
- 14. Fazalomar Ali Herbal Science & Master Herbalist Tuition Fee \$1600
- 15. Sayed Israr Sayedi BioNatural Pest Management Tuition Fee \$1600
- 16. Asadullah Maroof MS degree BioNatural Health Sciences Tuition Fee \$2500
- 17. Maryam Samim Nutrition & Brain Function Consultant Tuition Fee \$1600

BNHC is a Nonprofit Online Institution that offers Online 4 Diploma/Master in BioNatural Health Sciences. Online MS Degree in BioNatural Health Sciences (Focuses on Human Health Improvement & Disease Prevention, Nutrition, Phytonutrients, Lifestyle Biological Modification, Holistic, Ecological Approaches





Mission: BioNatural Healing College (BNHC) is a non-profit public benefit institution that has tax-exempt status under the Internal Revenue Service, Section 501(c)(3) of the United States of America. Our goal is to offer a high-quality education a diploma program as well as holistic health and nutrition conferences, seminars, workshops, and continuing education. The focus of these educational programs is to offer healing and holistic nutrition science through online distance learning. These dynamic online education programs will provide diverse adult learners throughout the world the experience of enhancing their quality of life, their health, and their happiness.

Vision: The faculty, staff, and management team of BioNatural Healing College (BNHC) are passionately committed to providing the best teaching possible in this field. We seek to encourage, motivate, and explain the importance of this field to prospective students so that they may make an informed decision regarding enrollment. We seek an ultimate goal of satisfaction for the student based on responsibility, commitment, respect, awareness, and sustainable education for society.

Accreditation and Recognition: BioNatural Healing College (BNHC), based in California, is dedicated to providing high-quality online education, and vocational online distance learning to students worldwide. As a legally recognized institution, it is authorized to operate by the State of California's Bureau for Private Postsecondary Education, by the established educational code. While BioNatural Healing College is not accredited by the United States Department of Education, BNHC is a member of the Agronomy Society of America, Crop Science Society of America, Soil Science Society of America and American Holistic Health Association (AHHA), reflecting its commitment to a holistic and ecological approach to human health and environmental health improvement education.



BioNatural Healing College

Cultivating knowledge, skills, and character of students.

BioNatural Healing College (BNHC Online)

Advance Your Career in Natural Health Sciences

DIPLOMA PROGRAMS

-  Nutrition and Brain Function Consultant
-  Plant-Based Nutrition
-  Herbal Science & Master Herbalist
-  BioNatural Pest Management

MASTER OF SCIENCE (MS) DEGREE

Two Specialization Options:

-  Human Health Improvement and Disease Prevention
-  Plant Health Improvement and Environmental Health

For More Information Contact:
info@bionaturalhealingcollege.org

Online Education | Evidence-Based | Nonprofit