

# **Curriculum Vitae**

## **Shamim Sahranavard**

Department of Pharmacy, School of Traditional Medicine,  
Shahid Beheshti University of Medical Sciences, Tehran, Iran  
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### **PERSONAL INFORMATION**

Nationality: Iranian

Languages: Persian, English, German (B2)

### **EDUCATION**

**2005- 2010**                    **Ph.D., Pharmacognosy (Shahid Beheshti University of Medical Sciences, Iran)**

Thesis: "Screening and investigation for cytotoxic activity of medicinal plants from Iran – isolation and structure elucidation of cytotoxic compounds"

**2008- 2009**                    **Freie Universitaet Berlin, Germany**

Pharmazeutische Biologie Department  
Guest Researcher/ Research Assistant

**1997- 2003**                    **Doctorate Degree in Pharmacy (Pharm.D.)  
(Shahid Beheshti University of Medical Sciences, Iran)**

Thesis: "Anti-nociceptive and anti-inflammatory activity of olive fruit extract"

### **EMPLOYMENT**

**2011 (until now)**            **Shahid Beheshti University of Medical Sciences, School of Traditional Medicine**  
Assistant Professor

**2009-2010**                    **Dineh Iran herbal pharmaceutical company**  
Researcher at R&D

## **TRAINING**

**July-August 2006**                    **Institute for Medical Research (IMR), Kuala Lumpur, Malaysia.** Training course on: in vitro anti-proliferative assay

**Oct. 2007**                            **Charite, Humboldt Universitaet zu Berlin, Germany**  
Autumn School on Epigenetics

## **RESEARCH INTERESTS**

Bioassay guided isolation and structure elucidation of natural compounds and metabolites (NMR, HPLC, UV)

Cancer cell culture; evaluation of cytotoxicity and assessment the mechanism of cell death of natural products.

Phytotherapy of chemotherapy- induced peripheral neuropathy.

## **TEACHING EXPERIENCES**

Principles and practice of phytotherapy, rational phytotherapy (pharmacy students, 2017)

Phytopharmaceutical technology (theoretical and practical) (pharmacy students; since 2018)

Herbal medicine approaches in Iranian Traditional Medicine (ITM) (PhD students of traditional pharmacy; since 2012)

Supervisor of pharmacy students in herbal pharmacy (since 2018)

Supervisor of training courses in pharmaceutical industry (2018)

Microsoft word

## **SCIENTIFIC ACTIVITIES**

Member of Iranian Society of Pharmacognosy

Editorial board of Research Journal of Pharmacognosy

Scientific Member of Traditional Medicine and Materia Medica Research Center, Shahid Beheshti University of Medical Sciences, Tehran, Iran

## **JOURNAL REFEREE**

Journal of diabetes & metabolic disorders

Iranian Journal of Pharmaceutical sciences (IJPR)

Journal of Herbal Medicine (HERMED)

Chinese Journal of Integrative Medicine (CJIM)

Pharmaceutical Biology

## RESEARCH GRANTS

- 1) Comparing the Effect of “Ginger-Lavender” Capsules and “Mefnamic Acid” on Postpartum Pain in Women Referring to Valiasr Hospital in Fasa on 2021.
- 2) Investigation of impacts of *Dorema hyrcanum* root extracts on the selective induction of programmed cell death in selected glioblastoma, Ovarian and Breast cancer cell line. 2022.
- 3) Investigation the effect of *Bryonia aspera* root extracts on the selective induction of programmed cell death in selected glioblastoma, ovarian and breast cancer cell lines. 2022.
- 4) Formulation of Jolab-e-morakab Syrup (containing fennel, anise and celery) and in vivo evaluation of its effect on polycystic ovarian syndrome.2020.
- 5) Effect of *Mentha pulegium* aromatic water on airway inflammation and histopathological changes in Balb/c mouse model of ovalbumin-induced allergic asthma. 2017.
- 6) Evaluation the effect of *Lavandula angustifolia* on vincristine-induced neuropathy in animal model. 2018.
- 7) Evaluation the effect of *Capparis Spinosa* from Iranian Traditional Medicine references on chemotherapy induced neuropathy in animal models. 2017.
- 8) Tyrosinase inhibitor activity of some plants used to treat “*Kalaf*” in Iranian Traditional Medicine. 2016.
- 9) Comparing of physicochemical properties of *Zataria multiflora* samples purchased from Tehran market in 2015.
- 10) Cytotoxicity evaluation of some *Phlomis* species against cancer cell lines. 2014.
- 11) Evaluation of anti-apoptotic properties and Neuro-inflammatory inhibition of some introduced introduced plants in Iranian traditional medicine in treatment of Nisyan. 2012.
- 12) Evaluation of invitro neuro-protective effects of some introduced plants in Iranian traditional medicine in treating Nisyan. 2012.
- 13) Evaluation of analgesic effects of some plants introduced in Iranian traditional medicine, using experimental model of knee osteoarthritis in rat. 2012.
- 14) Evaluation of anti-inflammatory effect of some medicinal plants of Turkmen Sahra by measurement of nitric oxide production. 2011.
- 15) Evaluation of anti-inflammatory effect of medicinal plants of Turkmen Sahra by cox-2 inhibitory effect. 2010.
- 16) Evaluation of cytotoxicity of medicinal plants of Iran. 2007.
- 17) Cytotoxicity of medicinal plants of Turkmen Sahra. 2005.

## PUBLICATIONS

### FULL PAPARES

- 1) Zeynab Khosrowpour, Shirin Fahimi, Fateme Jafari, Mojgan Tansaz, **Shamim Sahranavard**, Mehrdad Faizi. Beneficial effects of *Teucrium polium* hydroalcoholic extract on letrozole-induced polycystic ovary syndrome (PCOS) in rat model. *Obstetrics & Gynecology Science*. 2022.
- 2) Zeynab Khosrowpour, Shirin Fahimi, Mehrdad Faizi, Zahra Shaaban, Mojgan Tansaz, **Shamim Sahranavard\***. Evaluation of Formulated Herbal Syrup (Containing Fennel, Anise, and Celery) on the Letrozole-Induced Polycystic Ovary Syndrome Model. *Jundishapur Journal of Natural Pharmaceutical Products*. 2022; 17(2).
- 3) Sharareh Jannesari, Shadi Ahmadi, Malihe Nasiri, **Shamim Sahranavard**. Comparison of the Effect of "Ginger-Lavender" Capsule "Ginger" and " Mefenamic Acid" Capsules on the Severity of Primary Dysmenorrhea. *Journal of Midwifery and Reproductive Health*. 2022; 1-8.
- 4) Saeedeh Ghafari, **Shamim Sahranavard**, Parisa Sarkhail, Behnaz keramatian. Tyrosinase Inhibitory Activity of Selected Plants Based on Iranian Traditional Medicine. *International Pharmacy Acta*. 2022;5(1).
- 5) **Shamim Sahranavard**, Mona Khoramjouy, Mahsima Khakpash, Seyyed Ahmad Askari, Mehrdad Faizi, Mahmoud MosaddeghHydroethanolic extract of *Lavandula angustifolia* ameliorates vincristine-induced peripheral neuropathy in rats. *Research in Pharmaceutical Sciences*. 2022. 17(3):265-273.
- 6) Hossein Farhadnejad, Golaleh Asghari, Mehdi Hedayati, **Shamim Sahranavard**, Farshad Teymoori, Parvin Mirmiran, Fereidoun AziziEffect of *Ziziphus jujube* on cardiometabolic factors and systemic inflammation in type 2 diabetic patients: A randomized controlled trial. *Clinical Nutrition ESPEN*. 2022.
- 7) Shadi Ahmadi, Sharareh Jannesari, Maliheh Nasiri, **Shamim Sahranavard**. Comparative study of the effect of" Ginger-Lavender" capsule with" Mefenamic Acid" on the severity of primary dysmenorrhea: A randomized clinical trial. *The Iranian Journal of Obstetrics, Gynecology and Infertility*. 2022. 24:56-66.
- 8) Hamed Parsa Khankandi, **Shamim Sahranavard**, Luca Rastrelli, Seyed Mohammad Nabavi, Sahar Behzad. Study on constituents of *Scutellaria nepetifolia* as a potent source of phytochemicals with NO inhibitory effect. *Natural Product Research*. 2022. 1-5.
- 9) Seyedeh Fatemeh Dalil Heirati, Giti Ozgoli, Roya KabodMehri, Faraz Mojab, **Shamim Sahranavard**, Malihe Nasiri. The 4-month effect of *Vitex agnus-castus* plant on sexual function of women of reproductive age: A clinical trial. *Journal of Education and Health Promotion*. 2021. 10(1):294.
- 10) Mona Khoramjouy , Maede Manaee, **shamim sahranavard**, Mehrdad Faizi. Sedative-Hypnotic Effects of Different Extracts and Fractions of *Capparis Spinosa* L. in Mice. *International Pharmacy Acta*. 2021.4(1):1-6 .
- 11) **Shamim Sahranavard**, Seyed Alireza Esmaeili, Astireh Salehi, Vahid Bagheri Selectively targeting cancer stem cells: current and novel therapeutic strategies and approaches in the effective eradication of cancer. *IUBMB life*. 2021.

- 12) Mina Davari, Reza Hashemi, Parvin Mirmiran, Mehdi Hedayati, **Shamim Sahranavard**, Shohreh Bahreini, Rahele Tavakoly, Behrouz Talaei. Effects of cinnamon supplementation on expression of systemic inflammation factors, NF-kB and Sirtuin-1 (SIRT1) in type 2 diabetes: a randomized, double blind, and controlled clinical trial. *Nutritional Journal*. 2020,1:1-8.
- 13) Parvin Mirmiran, Mina Davari, Reza Hashemi, Mehdi Hedayati, **Shamim Sahranavard**, Shohreh Bahreini, Rahele Tavakoly, Behrouz Talaei. A randomized controlled trial to determining the effect of cinnamon on the plasma levels of soluble forms of vascular adhesion molecules in type 2 diabetes mellitus. *European journal of clinical nutrition*. 2019. 73:1605–1612.
- 14) Seyedeh Fatemeh Dalil Heirati, Roya KaboudMehri, Faraz Mojab, **Shamim Sahranavard**, Maliheh Nasiri, Giti Ozgoli. Effect of *Vitex agnus-castus* plant on sexual function in women of reproductive age. *Gynecology and Infertility*.2020, 23 (4):62-74.
- 15) Maryam Ranjbar Ekbatan , **Shamim Sahranavard\***, Mona Khoramjouy , Babak Gholamine , Mehrdad Faizi. Evaluation of Anticonvulsant Effect of Aqueous and Methanolic Extracts of Seven *Inula* Species. *Iranian Journal of Pharmaceutical Research*. 2019, 18: 208-220.
- 16) Hamed Parsa Khankand, Sahar Behzad, Faraz Mojab, Mohammad Mahdi Ahmadian-Attari, **Shamim Sahranavard\***.Effects of Some Lamiaceae Species on NO Production and Cell Injury in Hydrogen Peroxide-induced Stress. *Iranian Journal of Pharmaceutical Research*. 2019. 18(2):826-835.
- 17) Hamed Parsa Khankandi, Sahar Behzad, **Shamim Sahranavard\***, Mina Rezvani, Naghmeh Tadriss Hasani. Investigation of some medicinal plants inhibitory effect on NO production in oxidative stressed PC12 cells. *Pharmaceutical Sciences*. 2019.
- 18) Fatemeh salehi moghaddam, Narjes Mirzaei, Giti Ozgoli, **Shamim sahranavard**, Erfan Ghasemi. Purslane (*Portulaca oleracea*) effect on heavy menstrual bleeding (menorrhagia) in Iranian women. *Advances in Integrative Medicine*. 2018.5(2):56-62.
- 19) A.S. Keyhanmehr, M Movahhed, **S. Sahranavard**, L. Gachkar, M Hamdieh, S. Afsharpaiman, H Nikfarjad. The effect of aromatherapy with *Rosa damascena* essential oil on sleep quality in children. *Research Journal of Pharmacognosy*. 2018, 5(1): 41-46.
- 20) Alimohamad Madahian , Mansoureh Togha , Mina Movahhed , Zeinnab Ghorbani Sohrab Dehghan , Seyed Mohammad Riahi , **Shamim Sahranavard**. Constipation and Headache Relationship: A narrative Review on Persian Medicine Texts and Modern Literature. *Indo American journal of Pharmaceutical Sciences*. 2017, 4 (11).
- 21) Zahra Bahaeddin, Asal Yans, Fariba Khodagholi, **Shamim Sahranavard**. Dietary supplementation with *Allium hirtifolium* and/or *Astragalus hamosus* improved memory and reduced neuro-inflammation in the rat model of Alzheimer's disease. *Applied Physiology, Nutrition, and Metabolism*. 2017.
- 22) A Maddahian, M Togha, **Shamim Sahranavard**, SM Riahi, Sohrab Dehghan, Mina Movahhed. Effect of “Gol-e-ghand”, a mixture of rose petals and honey, on migraine attacks: a before-after pilot study. *Research Journal of Pharmacognosy*. 2017, 4 (4), 33-39.
- 23) Behrouz Talaei, Atieh Amouzegar, **Shamim Sahranavard**, Mehdi Hedayati, Parvin Mirmiran and Fereidoun Azizi. Effects of Cinnamon Consumption on Glycemic Indicators, Advanced Glycation End Products, and Antioxidant Status in Type 2 Diabetic Patients.. *Nutrients*. 2017, 9(9).

- 24) A S. Keyhanmehr, M Movahhed, **Shamim Sahranavard**, M Hamdieh, S Afsharpaiman, LGachkar, H Nikfarjad. Which Aroma In Iranian Traditional Medicine Is Effective On Sleep Disorders? 2017, Galen Medical Journal 6 (1), 3-11.
- 25) M Nikkhajoei, Rasool Choopani, M Tansaz, G Heydarirad, F Hashem-Dabaghian, **Shamim Sahranavard**, M Saberifiroozi. Herbal medicine used in treatment of nonalcoholic fatty liver disease: a review. Journal of Studies on EthnoMedicine. 2016, 3(1): 81-82.
- 26) M Nikkhajoei, Rasool Choopani, M Tansaz, F Hashem-Dabaghian, G Heydarirad, **Shamim Sahranavard**, M Saberifiroozi. Efficacy of *Cichorium intybus* on Alanine Aminotransferase in Nonalcoholic Fatty Liver Disease: A Randomised Double-blind Clinical Trial with Placebo. Biological Forum – An International Journal. 2016, 8(1): 454-459.
- 27) P. Sarkhail, **Shamim Sahranavard** \*, M. Nikan, S. Gafari, B. Eslami-Tehrani. Evaluation of the cytotoxic activity of extracts from six species of *Phlomis* genus. Journal of Applied Pharmaceutical Science. 2017, 7 (02): 180-184.
- 28) Z Bahaeddin, A. Yans, F Khodaghohi, **Shamim Sahranavard**\*. Neuroprotection and anxiety like behavior reduction of *Allium hirtifolium* Boiss and *Astragalus hamosus* L. in the A $\beta$ -injected rat. Research Journal of Pharmacognosy. 2016 3(4): 63-72.
- 29) Z Bahaeddin, A. Yans, F Khodaghohi, H Hajimehdipoor, **Shamim Sahranavard**\*. Hazelnut and neuroprotection: Improved memory and hindered anxiety in response to intra-hippocampal A $\beta$  injection. Nutritional neuroscience. 2016 (1):1-10.
- 30) A. Ziai, **Shamim Sahranavard**\*, M. Faizi. Topical herbal remedies for treatment of joint pain according to Iranian Traditional Medicine. Research journal of Pharmacognosy. 2016, 3(3).
- 31) A. Ziai, **Shamim Sahranavard**, M.J. Gharagozlu, M. Faizi. Preliminary investigation of the effects of topical mixture of *Lawsonia inermis* L. and *Ricinus communis* L. leaves extracts In treatment of osteoarthritis using MIA model in rats. Daru. 2016. 24(1):12.
- 32) H. Memarzadeh, T. Eftekhari, M. Tansaz, F. Hashem Dabaghian, M. Kamalinejad, T. Foroughifar, **Shamim Sahranavard**, G. Heydarirad. Evaluation of efficacy of *Punica granatum* L. (Persian gulnar) on uterine leiomyoma related menorrhagia: a pilot study. International Journal of Biosciences. 2015, 6(9): 18-25.
- 33) Esmaili S, **Shamim Sahranavard** \*, Hamzelo-Moghadam M, Hajimehdipoor H, Mosaddegh M. Evaluating Educational Programs of Traditional Medicine Based on the Students' Viewpoints in Mashhad, Kerman, and Shahid Beheshti Universities of Medical Sciences, Iran . Strides Dev Med Educ. 2015; 12 (1):168-176.
- 34) S. Ghafari, F. Naghibi, S. Esmaili, **S. Sahranavard**, M. Mosaddegh. Investigation the cytotoxic effect of some medicinal plants from northern parts of Iran. Research journal of Pharmacognosy. 2015, 2(2): 47-51.
- 35) **Shamim Sahranavard**, S, Ghafari, M. Mosaddegh. Medicinal plants used in Iranian traditional medicine to treat epilepsy. Seizure. 2014, 23(5):328-32.

- 36) **Shamim Sahranavard**, M. Faizi, M. Kamali Nejad. Evaluation of Anti-inflammatory and Anti-nociceptive effects of defatted fruit extract of *Olea europaea*. Iranian Journal of Pharmaceutical Research. 2014,13(Suppl):119-23.
- 37) S, Ghafari, **Shamim Sahranavard**. *tribulus terrestris*. Medical Encyclopedia of Islam and Iran. 2012.
- 38) **Shamim Sahranavard**, F. Naghibi, S, Ghafari. "Cytotoxic Activity of Extracts and Pure Compounds of *Bryonia aspera*". International journal of pharmacy and pharmaceutical science. 2012. 4(3).
- 39) **Shamim Sahranavard**, F. Naghibi, K, Siems, K. Jenett-Siems. "New cucurbitane-type triterpenoids from *Bryonia aspera*", planta medica, 2010, 76(10): 1014-1017.
- 40) **Shamim Sahranavard**, F. Naghibi, M. Mosaddegh, S. Esmaili, P. Sarkail, M, Taghvaei, S, Ghafari. "Cytotoxic activities of selected medicinal plants from Iran and phytochemical. evaluation of the most potent extract". Research in pharmaceutical sciences, 2009, 4(2): 133-137.
- 41) S. Esmaili, F. Naghibi, M. Mosaddegh, **Shamim Sahranavard**, S, Ghafari, A, Noor Rain, "Screening of antiplasmodial properties among some traditionally used Iranian plants", Journal of Ethnopharmacology, 2009, 121(3): 400-404.
- 42) **Shamim Sahranavard**, F. Naghibi, M. Mosaddegh, E. Davari , H. Cheah Yew, A. Noor Rain, "Cytotoxic activity of some medicinal plants from Iran", Journal of Studies on EthnoMedicine, 2009, 3(1): 81-82.

## BOOK

**Shamim Sahranavard**, M. Mosaddegh. Chapter 22: Herbal Medicines. 7<sup>th</sup> ed. Iranian National Formulary (INF). Iranian Food and Drug Administration. 2016.

## THESIS SUPERVISION

### Completed

- 1) Formulation of an herbal syrup retrieved from Iranian traditional medicine and in vivo evaluation of its effect on polycystic ovarian syndrome. (PhD- 2021)
- 2) Effect of dry *Ziziphus jujube* fruit on systemic inflammatory factors and serum fructosamine in diabetic patients with obesity and overweight. (PhD- 2020)
- 3) Effect of *Bryonia aspera* root extracts on the induction of programmed cell death in glioblastoma, ovarian and breast cancer cell lines. (MS- 2021)
- 4) Investigation of impacts of *Dorema hyrcanum* root extracts on the selective induction of programmed cell death in selected glioblastoma, ovarian and breast cancer cell line. (MS- 2021)
- 5) Comparing the Effect of “Ginger-Lavender” Capsule and “Mefenamic Acid” on Postpartum Pain in Women Referring to Valiasr Hospital in Fasa in 1400. (MS)
- 6) Comparison of the effect of `Ginger-Lavender` capsule and `Mefenamic Acid` capsule on the treatment of primary dysmenorrhea. (MS- 2021)
- 1) Study of some *Scutellaria* species on nitric oxide inhibitory effect and phytochemical investigation of most effective species. (PhD- 2020)
- 2) Studies of the anti-anxiety and anti-nociceptive effects of *Marrubium astracanium* aqueous extract using animal models in mice. (Pharm.D- 2019)
- 3) Evaluation of in vitro anti- inflammatory effect of *Astragalus jolderensis* and *Convolvulus commutatus* through nitric oxide inhibition. (Pharm.D- 2019)
- 4) Evaluation of neuroprotective activity of *Salvia multicaulis* through nitric oxide inhibition. (Pharm.D- 2019)
- 5) Comparison the effect of *Salvia hydrangea* and Mefenamic acid capsules on postpartum pain. (MS- 2018)
- 6) Comparison the effect of *Portulaca oleracea* and Mefenamic acid capsule on the menstruation menorrhagia: a double blind placebo-controlled study. (MS- 2018)
- 7) Assessment of cinnamon effects on advanced glycation end products, plasma vascular and systematic inflammation factors, antioxidant status, NF-kB and Sirtuin1 activity in mononuclear cells in type 2 diabetic patients. (PhD- 2017)
- 8) Study of the effect of essential oil, extracts and some constituents of *Malva sylvestris* L aerial parts on the growth and ergosterol biosynthesis in pathogenic *Aspergillus* species and evaluation of their in vitro cytotoxicity. (Pharm.D- 2017)
- 9) Evaluation of anti-convulsant effect of aqueous and methanol extracts of three *Inula* species. (Pharm.D- 2017)



- 10) Evaluation anti- inflammatory effect of hydroalcoholic extract of "*Haplophyllum acutifolium*" using carrageenan test in rats. (Pharm.D- 2016)
- 11) Phytochemical evaluation of dichloromethane extract of "*Primula auriculata*" aerial part. (Pharm.D- 2016)
- 12) Effect of Golghand (an Iranian traditional medicine product) on migraine headache. (PhD- 2015)
- 13) Evaluation anti- inflammatory effect of hydroalcoholic extract of "*Stachys turcomanica*" using carrageenan test in rats. (Pharm.D- 2015)
- 14) Evaluation of anti-apoptotic properties and neuro-inflammatory inhibition of some introduced introduced plants in Iranian traditional medicine in treatment of *Nisyan* (amnesia). (PhD- 2014)
- 15) The effect of the root of *Chicorium intybus* on ALT reduction in non-alcoholic fatty liver disease: a randomized double blind clinical trial. (PhD- 2014)
- 16) Comparison of effect of aromatherapy with essential oil of "*Rosa damascene*" and placebo on the quality of childrens' sleep disorder. (PhD-2014 )
- 17) Evaluation of analgesic effects of some plants introduced in Iranian traditional medicine, using experimental model of knee osteoarthritis in rat and formulate a topical dosage of the effective plant. (PhD- 2013)