

NAFISEH HOSSEINI YEKTA



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EDUCATION

PHD DEGREE IN PERSIAN MEDICINE, ۲۰۱۵

MEDICAL DEGREE, ۲۰۰۰

PRESENT EXECUTIVE ACTIVITY

- Advisor to the Minister and Director General of the Office of Persian and Complementary Medicine, Ministry of Health, Treatment and Medical Education, Iran (۲۰۱۸ - present)
- Secretary of the policy-making council of the Second and Third National Festival of Persian Medicine (۲۰۱۷ - present)
- Member of the Medicinal Plants and Traditional Medicine Staff of the Vice President's Office of Scientific Technology (۲۰۱۸ - present)
- Member of the Wisdom and Traditional Medicine Department of the Academy of Medical Sciences (۲۰۱۷ - present)
- Head of the Treatment Committee of the Iranian Traditional Medicine Working Group at the General Staff of the Armed Forces (۲۰۱۶ - present)
- Member of the Strategic Council for the Development of Persian Medicine of the Army University of Medical Sciences (۲۰۱۶ - present)
- Forensic medical expert (۲۰۱۶ - present)

PAST EXECUTIVE ACTIVITY

- Vice president of the scientific association of Persian Medicine affiliated to The Ministry of Health and Medical Education (**2017 - 2021**)
- Vice-chairman of the Traditional and Complementary Medicine Commission of the National Medical System Organization (**2019-2021**)
- secretary of the Persian Medicine workshop at the **4th** Asia-Pacific International Congress of Military Medicine (**2017**)
- Director of the Persian Medicine Department of the Army Medical Sciences University (**2016 - 2018**)
- President of the Scientific Association of Persian Medicine of Iran (**2013 - 2015**)
- Head of the team in setting up the first specialized Persian Medicine Clinic at the armed forces level in Imam Reza Hospital (**2015**)
- Member of the Rheumatology and Joint Diseases Committee in the Deputy of Traditional Medicine of Ministry of Health (**2014**)
- Member of the board of directors of Hikmat Saraye Iranian Tooba Institute (active in the field of Persian Medicine) (**2013**)
- Scientific consultant of Pishgaman Noavaran Dana Institute on Persian Medicine (**2012**)
- Scientific consultant of the Foundation for the Development and Promotion of Iranian Elites in the field of Traditional Persian Medicine (**2013**)
- Technical deputy of the **660** Shah(ID Fallahi Medical Research Center affiliated to the army forces (**2005**)

SCIENTIFIC/RESEARCH ACTIVITY

- Publication of more than ۳۰ articles in Farsi and English languages in reputable magazines
- Guidance, consultation, and implementation of more than ۳۰ research projects
- Peer review of more than ۳۰ research projects and doctoral theses
- Scientific director of more than ۳۰ continuing education programs

ARTICLES (ENGLISH)

- Ramtin Hajibeygi, Say(ID Mahdi Mirghazanfari, Naseh Pahlavani, Abduladheem Turki Jalil, Shadia Hamoud Alshahrani, Jasur Alimdjanovich Rizaev, Sae(ID Hadi, Vahid, **Nafiseh Hosseini Yekta**, "Effect of a diet based on Iranian traditional medicine on inflammatory markers and clinical outcomes in COVID-19 patients: A double-blind, randomized, controlled trial" *European Journal of Integrative Medicine*. 2022. 55.102-179.
- Saeed Soleiman-Meigooni, **Nafiseh Hosseini Yekta**, Ham(ID Reza Sheikhan, Mohammad Aminianfar, Ramin Hamidi-Farahani, Mousa Ahmadi, Ali Asgari, Mohammad Hasan Kazemi-Galougahi, Roja Rahimi "Efficacy of a standardized herbal formulation from Glycyrrhiza glabra L. as an adjuvant treatment in hospitalized patients with COVID-19: A Randomized Controlled trial " *Journal of Ayurveda and Integrative Medicine*. 2022. 13.1-6
- Zarghami. E, Yazdanfar S.A, **Hosseini Yekta. N**, Dadras. S "Effect of Environmental Temperature on Working Memory in Military Personnel" *J Arch Mil Med* 2022.10(3).1-7
- Payam Shams al-Dinia, Jalal al-Din Rafi'farb, Moluk-Sadat Hosseini Beheshti, **Nafiseh Hosseini Yekta** "Onomastic analysis of warts in traditional Persian medicine" *Journal of Islamic and Iranian Traditional Medicine* 2021. 12.8-12
- **Nafiseh Hosseini Yekta**, Mohammad Askarfarashah, Nasroallah MoradiKor, Younes Rouhany, Mohsen Naseri, Ali Abdolahinia, Seyed Sedigheh Yousefi and Mohammad Reza Vaez Mahdavi"Low back pain and point of views in Iranian traditional medicine. *European Journal of Experimental Biology*, 2014, 4(2):128-131.
- Yosefi, S.S., Sadeghpour, O., Sohrabvand, F., Atarod, Z., Askarfarashah, M., Rastegar, T., **Hosseini Yekta, N**. Effectiveness of Carum carvi on early return of bowel motility after caesarean section. *European Journal of Experimental Biology*, 2014 4(3):258-262
- Mahmoud Babaeian, Mohsen Naseri, Mohammad Kamalinejad, Farzaneh Ghaffari, Fatemeh Emadi, Awat Feizi, **Nafiseh Hosseini Yekta**, and Peyman Adibi" Herbal Remedies for Functional Dyspepsia and Traditional Persian Medicine Perspective" *Iran Red Crescent Med J*. 2015 Nov; 17(11): e20741.
- **Nafiseh Hosseini Yekta**, Younes Roohany, Fatemeh Emadi, Soghrat Faghihzadeh, Mohsen Naseri, Ghazaleh Heydarirad, Mahmoud Babaeian and Mohammad Reza Vaez Mahdavi"Effects of an Herbal Medicine on Relieving Disability and Pain due to Chronic Low Back Pain (LBP)" *Biological Forum – An International Journal* 7(2): 138-141(2015).
- **Hosseini Yekta, N**. Ghofrani tabari, D., Tahvilzadeh, M., Nassireslami., E., Mirghazanfari, S.M. 2018. A Comparative Study on the Effect of Three Oil Products of Traditional Medicine: Nerium Oleander, Ginger and Chamomile on Resistance to Cold in Rats. *Journal of research in medical and dental science*, 6(3): 226-229.
- Mahdi Hamzehnejad' Faezeh Dadras, **Nafiseh Hosseini Yekta**."Houses' Physical Features based on Temperament Indicators" *Procedia - Social and Behavioral Sciences*, ۲۰۱۴, ۱۰ (۰۱۱۵) ۱۱۱-۱۱.
- Daneshfard, B., **Hoseini Yekta, N.**, Khoshdel, A., Helran, A., Cheraghi, R., Yarmohannadi, H. ۲۰۱۹. The effect of Delphinium denudatum (Jadwar) on fatigue: A randomized double-blind placebo-controlled

clinical trial. Complementary therapies in medicine, ٤٦: ٢٩-٣٥.

- Rasoulinezhad, S. **Hosseini Yekta, N.** Fallah, E. ٢٠١٩. Promising pain-relieving activity of an ancient Persian remedy (mixture of white Lily in sesame oil) in patients with chronic low back pain. Journal of family medicine and primary care, ٨(٢): ٦٣٤-٦٣٩.

ARTICLES (PERSIAN)

- Nafiseh Hosseini Yekta, Farzaneh Golbani, "History of ethics in Iranian medicine" special issue of Hikmat Bonyan: scientific research quarterly specialized in respiratory system. Autumn ١٤٠٢. Year ١٠. Number ٣
- Nafiseh Hosseini Yekta, Mohammad Reza Vaez Mahdavi, Mohsen Naseri, Yunus Rouhani, Fatemeh Emadi, Mohsen Hasheminejad, Sokrat Faqihzadeh, "Effect of treatment of indigestion on the symptoms of patients with chronic back pain using peppermint capsules", Daneshvar Medical, Volume ٢٤, Number ١٢٦ - (١٠-١٣٩٥), pages ٧١-٧٨.
- Faezeh Dadres, Mehdi Hamzenejad, Nafiseh Hosseini Yekta, "Investigation of the influence of wet and dry climate on the culture of the region and its effects in architectural design", International Conference on Civil Engineering, Architecture, City, Tabriz, ٢٥ June ٢٠١٤.
- Abbas Yazdanfar, Faezeh Dadres, Nafiseh Hosseini Yekta "Differences in Human Temperament and Tendency to Architectural Features" Nurse and Doctor in Razm, Winter ٢٠١٣ (٥).
- Sayeda seddigheh Yousefi, Nafiseh Hosseini Yekta, Asia Jokar "Introduction of the famous traditional medicine scholar of Islam and Iran, Hakim Youssef bin Muhammad bin Youssef Heravi. Traditional Medicine of Islam and Iran winter ١٣٩١ number ٤
- Nafiseh Hosseini Yekta, Om(ID Sadeghpour, "Pain relief and how painkillers work in traditional Persian Medicine", Traditional Medicine of Islam and Iran, Autumn ٢٠١١ (٣).
- Nafiseh Hosseini Yekta, "Introduction of the Famous Traditional Medicine of Islam and Iran, Hakim Ibn Jazaleh", Traditional Medicine of Islam and Iran, Winter ٢٠١٩ (٤).

NATIONAL/INTERNATIONAL CONFERENCES

- Attending the conference of Health in Islam with emphasis on Razavi's teachings, ٣١-٣٠ April ٢٠١٦, Mashhad University of Medical Sciences.
- Persian Medicine approaches to Spine Problems, The ١٨th Spine Physiotherapy Seminar. Rehabilitation Welfare Sciences University, December ١٩٩٦, Tehran.
- **Nafiseh Hosseini Yekta.** Traditional Persian medicine and its applications in military medicine. The ٤th ICMM Pan-Asia Pacific Congress on Military Medicine. ٢١-١٥ October ٢٠١٨. Tehran, Iran.

BOOKS

- Mohammad Reza Vaez Mahdavi, Mohsen Naseri, **Nafiseh Hosseini Yekta**, Younes Rohany, Fatemeh Emadi and Soghrat Faghihzadeh "Low Back Pain from the Perspective of Traditional Persian Medicine (TIM)" In book: Complementary Therapies for the Body, Mind and Soul, ISBN 978-963-01-2108-9, edited by Marcelo Saad, Edition: 1, January 2016
- Proofreading and editing the book *Al-Shabhoor and Al-Mahzoor le-Tohfa Al-Dastur* (2014).
- Authoring the book on Prevention and Treatment of Back Pain from the Perspective of Persian Medicine (ready to print)
- Authoring the book "Temperament and Properties of Iranian Foods and Beverages" (Ready to print)

DISSERTATIONS AND PROJECTS

- Setting up the laboratory production department of fast-dissolving oral films in the traditional medicine laboratory of AJA University of Medical Sciences and the production and initial evaluation of a test sample containing sweet almond extract and sweet almond oil nano-emulsion (2022)
- Guiding the research project "The analgesic and anti-inflammatory effects of *Tajrizi*, *Bazr Qatuna* and *Bazar al-Banj* on the pain and inflammation caused by formalin and carrageenan in rats" (2010-present)
- Guiding the research project "Collecting methods of preventing frostbite and examining and comparing the effect of three traditional medicine products on the level of resistance to frostbite" (1990-present)
- Guiding the project "launching the second phase of the medicinal plant garden and authoring the guidebook for the medicinal plant garden of AJA University" (2010-present)
- Conductor of the research project "food standards from the perspective of traditional Persian Medicine" (2014-present)
- Collaborator of the "Medicinal Herbs Standardization" research project (2013-present)
- Consultant of the research project "Architectural design of the commercial and cultural center with the approach of traditional Persian Medicine" (2013)
- Collaborator of the research project "Extraction of herbal drinks from sources of traditional Persian Medicine and investigation of their properties and feasibility of their production" (2013)
- Consultant for Master's thesis in Architecture "Investigating the effect of temperamental differences on the tendency towards architectural features" (2013)
- Consultant for Bachelor of Architecture thesis "Designing Traditional Persian Medicine clinics" (2014)
- Consultant for PhD in architecture thesis "Explaining the approach of traditional Persian medicine in architecture related to health and investigating the relationship of individual temperament and

tendencies to the main characteristics of architecture" (۲۰۱۵-present)

PEER REVIEWS

- Peer review of the research project "Investigation of the effect of essential medicinal plants peppermint (*Mentha piperita*), fennel (*Foeniculum vulgare*), savory (*Satureja hortensis*), asafetida (*Ferula assafoetida*), cumin (*Cuminum cyminum*) on common pathogenic fungi (common between plants) and human beings present in selected military barracks" (۲۰۱۶)
- Peer review of the research project "Identification and introduction of the best species of plantain (*Plantago sp*) in order to provide the best therapeutic effect on wounds and bleeding and to create optimal cultivation conditions in the herbarium of Aja University of Medical Sciences in order to increase the effective substances of this plant" (۲۰۱۵)
- Peer review of the research project "Evaluation of the effect of extracts of medicinal plants *Thymus vulgaris*, *Trigonella foenum-graecum* and *Trachyspermum ammi* on the pathogenic fungus *Fusarium solani*, common between humans and plants" (۲۰۱۶)
- Refereeing a PhD thesis titled "Evaluation and explanation of the rules for determining medicinal actions in traditional Persian Medicine from the perspective of the comprehensive book on the science of medicine" (۲۰۱۵)
- Peer review of a PhD thesis entitled "The effect of chickpeas on the clinical symptoms of patients with knee osteoarthritis" (۲۰۱۵)
- Peer review of the book *Tadabir-e Al-Sabian* (۲۰۱۲)

LECTURES/TEACHING

- Scientific secretary of retraining to get familiar with measures of sleep/wakefulness and retention/excretion principles (ID ۸۶۱۷۱)
- Scientific secretary of the retraining on edibles and beverages from the perspective of Persian medicine (ID number ۸۶۳۸۰)
- Scientific secretary of retraining on familiarization with movement/stillness and emotional states in traditional Persian Medicine (ID number ۸۶۳۸۸)
- Scientific secretary of the retraining on measures of age and obesity/thinness from the perspective of traditional Persian Medicine (ID number ۸۶۳۹۸)
- The scientific secretary of retraining on the basics of treatment of diseases in traditional Persian Medicine (ID number ۸۶۴۱۵)
- Scientific secretary of retraining on the basics of treatment of diseases in Persian medicine (ID number ۸۶۴۵۷)
- The scientific secretary of the retraining on pregnancy measures and the basics of treatment of

gynecological diseases (ID number ٨٦٤٦٠)

- Scientific secretary of retraining on familiarization with pharmacology terms and pharmaceutical forms (ID ٨٦٧٢١)
- The scientific secretary of retraining on familiarization with the terms related to the actions and function of drugs (ID ٨٦٧٤٦)

WORKSHOPS/COURSES

- Participation in research methodology workshop, Traditional Medicine and History of Medicine Research Center, Shiraz University of Medical Sciences, ١٨ hours.
- Participation in auricular therapy training workshop, Iranian Acupuncture Scientific Association, ١٩٩٧, duration ١٦ hours.
- Participating in the educational workshop on the basics of hadith research in interpreting traditions, Mashhad University of Medical Sciences, April ٢٠١٦, ٢ hours.
- Participation in the interdisciplinary study course on health and religion, challenges and needs. Qom University of Medical Sciences. August ١٩٩٦. Duration ٧ hours.
- Lecture at the workshop on maintaining health from the perspective of traditional Persian Medicine, Novin Pajoh Art Culture Institute, March ٢٠١٦, ٢ hours.

HONORS

- Appreciation from the head of Iran's Medical System Organization as the scientific secretary of novelties in medicine conference (٢٠٢٢)
- Appreciation by the Deputy Coordinator of the Islamic Republic of Iran Army as an exemplary woman on Women's Day (٢٠١٨)
- Appointed as a cultural activist by the command of *Khatam al-Awsia Camp* (٢٠١٣)
- Awarded by the army ground force command as an exemplary doctor at the army ground force level (٢٠١٠).
- Appreciation from the university president for obtaining the third national rank in the Persian Medicine doctorate comprehensive exam (٢٠١٢)