

CURRICULUM VITAE

PERSONAL INFORMATION

First name: Shirin

Last name: Fahimi

Sex: Female

Nationality: Iranian

Date of birth: 1970/10/31

Birth place: Tehran

Marital status: Married

Address: No. 19, Ahvar Alley, Shariati Ave, Tehran, Iran.

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EDUCATIONS

- *2009-2014:* Ph.D. Student of Traditional Pharmacy, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran
- *1990-1996:* Pharm.D. Student, Faculty of Pharmacy, Azad University, Tehran, Iran.

THESIS

- **Ph.D.:** Preparation of a topical dosage form for burns based on Iranian Traditional Medicine references and evaluation of its efficacy in rat burn model. School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2014, No. 128.

The production license of the preparation has been issued by Ministry of Health and Medical Education of Iran, Food and Drug Administration, October 2014.

- **Pharm.D.:** Formulation of Anthralin cream and evaluation of its topical absorption. Faculty of Pharmacy, Azad University, Tehran, Iran, 1996, No. 597.

BOOKS

- Co-editor in "**Ten Essays in Iranian Traditional Medicine**" under the supervision of Dr. Farzaneh Ghaffari. 1st ed. Tehran: Iranian Traditional Medicine, Shahid Beheshti University of Medical Sciences; 2014.

FULL PAPERS

- **Sh. Fahimi**, SA. Mortazavi, M. Abdollahi, H. Hajimehdipoor. Formulation of a Traditionally Used Poly Herbal Product for Burn Healing and HPTLC Fingerprinting of Its Phenolic Contents. *Iran J Pharm Res.* 2016, 15(1): 95-105
- **Sh. Fahimi**, M. Abdollahi, SA. Mortazavi, H. Hajimehdipoor, A. Hossein Abdolghaffari, MA. Rezvanfar. Wound Healing Activity of a Traditionally Used Poly Herbal Product in a Burn Wound Model in Rats. *Iran Red Crescent Med J.* 2015 September; 17(9): e19960.
- **Sh. Fahimi**, H. Hajimehdipoor, M. Abdollahi, S.A. Mortazavi. Burn healing plants in Iranian Traditional Medicine. *Res J Pharmacogn.*, 2015, 2(1): 53-68.
- **Sh. Fahimi**, M. Naseri. Anti-halitosis plants in Iranian Traditional Medicine. *Res J Pharmacogn.*, 2015, 2(2):61-66.
- **Sh. Fahimi**, H. Hajimehdipoor, H. Shabanpoor, F. Bagheri, M. Shekarchi. Synergic antibacterial activity of some essential oils from Lamiaceae. *Res J Pharmacogn.*, 2015, 2(3):23-29.
- S. Ghafari, **Sh. Fahimi***, Sh. Sahranavard. Plants used to treat hyperpigmentation in Iranian traditional medicine: a review. *Research Journal of Pharmacognosy.*, 2017, 4(4): 71-85.
- S. Ghafari ,Z. Tavakoli , P. Shirooyeh , R. NabiMeybodi , E. Behmanesh , R. Mokaberinejad , M. Tansaz , **Sh. Fahimi***. The Herbal Medicine Proposed by Iranian Traditional Medicine (Persian Medicine) for Treatment of Primary Dysmenorrhea: A Review. *Traditional and Integrative Medicine.* 2018, 3(1),: 30-42.
- H. Monsef Esfahani, H. Hajimehdipoor* ,N. Dorri, L. Ara, B. Eslami, **Sh. Fahimi** and S. M .Hejazi Kojoori. Preparation of a traditional poly herbal product and stability assessment of the dosage form. *International Journal of Pharmaceutical Sciences and Research.* 2018, 9(3):5.

Abstracts

- Saeedeh Ghafari, **Shirin Fahimi**. Herbal medicine for chemotherapy induced nausea and vomiting in Iranian Traditional Medicine, The 2nd National Congress of Integrative Oncology - MCI Congress, Tehran, Oct 18, 2017.
- Zahra Jafarzadeh, **Shirin Fahimi Tafreshi***, Maryam Jahandideh. Formulation and Quality Control of a Topical Product from *Anethum gaveolens* L. Based on Iranian Traditional Medicine, 21st National Pharmacy Students Seminar, Ahvaz, March 6, 2018 .
- R. Norouzian, S. Ghafari, Gh. Heydarirad, **Sh. Fahimi***. Development of a honey based tonic syrup for cancer-related fatigue, Research Journal of Pharmacognosy (RJP) 4(Supplement), 2017: 60.
- M. Madadi, S. Ghafari, M. Jahandideh, Z. Hesari, **Sh. Fahimi**. Preparation of a topical herbal formulation for hyperpigmentation, Research Journal of Pharmacognosy (RJP) 4(Supplement), 2017: 58.
- A. Ketabi, **Sh. Fahimi**, S. Ghafari*, Z. Hesari, S. Sahranavard. Formulation and quality control of a topical gel product for treatment of melasma, Research Journal of Pharmacognosy (RJP) 4(Supplement), 2017: 56.
- Saeedeh Ghafari, **Shirin Fahimi**, Maryam Jahandideh. Herbal Treatment for Melasma in Iranian Traditional Medicine. The 16th International Congress on Ethnopharmacology, Yulin, Guangxi, China, May 16-18, 2016.
- Ghazaleh Heydarirad, Mehdi Pasalar, **Shirin Fahimi**, Saeedeh Ghafari. Effects of Traditional Persian Medicine Formula on Quality of Life in Patients with Head and Neck Cancer, International Congress for Integrative Health & Medicine (ICIHM 2016), Stuttgart, Deutschland, June 9 -11, 2016.
- Maedeh Rezghi, **Shirin Fahimi**, Sara Zakerin. The Most Frequent Herbs Proposed by Iranian Traditional Medicine for Alopecia Areata, Iranian Journal of Medical Sciences, 41 (3), Supplement May 2016.
- Sara Zakerin, **Shirin Fahimi**, Maedeh Rezghi. Anti-Freckles Herbal Treatment in Iranian Traditional Medicine, Iranian Journal of Medical Sciences, 41(3), Supplement May 2016.

CONGRESS AND SYMPOSIUM:

POSTER PRESENTATION:

- **Fahimi Sh**, Jahandideh M, Hajimehdipoor H. “Burn treatment in Traditional Iranian Medicine” in 13th Congress of the International society for Ethnopharmacology, September 2-6, 2012, Graz, Austria.
- Jahandideh M, **Fahimi Sh**, Hajimehdipoor H. “Wound healing in Traditional Iranian Medicine” in 13th Congress of the International society for Ethnopharmacology, September 2-6, 2012, Graz, Austria.
- Jahandideh M, **Fahimi S**. "The most useful herbs of Traditional Iranian Medicine prescribed for insomnia" in 59th International Congress and Annual Meeting of the Society for Medicinal Plant and Natural Product Research, 4th – 9th September 2011, Antalya, Turkey.
- **Fahimi Sh**, Jahandideh M, Hajimehdipoor H. "The most useful herbs of Iranian Traditional Medicine prescribed for palpitation” accepted poster for 4th National Congress on Medicinal Plants, 12th-13th May 2015, Tehran, Iran.

ORAL PRESENTATION

- **Fahimi Shirin**, “Topical preparations for burn healing in Iranian Traditional Medicine” in 5th National Congress of Burns”, 23-24 February, 2016, Tehran, Iran.
- Fahimi Sh, Naseri M, Mosaddegh M. "The most useful herbs of Iranian Traditional Medicine prescribed for Halitosis" in "5th International Congress Of The International Society For The History Of Islamic Medicine", 25-28 October, 2010, Istanbul, Turkey.

RESEARCH PROJECTS (Executer/Colleague)

- Formulation and quality control of a topical cream containing *Rheum palmatum* extract for hyperpigmentation retrieved from Iranian Traditional Medicine references (2017-2019).
- Formulation and quality control of a herbal topical gel product for treatment of skin hyperpigmentation based on Iranian Traditional Medicine references (2017-2019).
- Formulation and quality control of a honey based “*Jollab*” syrup retrieved from Iranian Traditional Medicine references (2017-2019).
- Effects of syrup of “*Jollab*” on cancer-related fatigue in breast cancer patients: A randomised clinical trial (2018-2019).
- Evaluation the effect of *Capparis spinosa* from Iranian traditional medicine references on chemotherapy-induced-neuropathy in animal models (2017-2019).
- Effect of *Pimpinella anisum* aqueous extract on airway inflammation and histopathological changes in Balb/c mouse model of ovalbumin-induced allergic asthma (2017-2019).

- Effect of *Anethum graveolens* water on airway inflammation and histopathological changes in Balb/c mouse model of ovalbumin-induced allergic asthma (2017-2019) .
- Quality control of “*Monzig-e-Soda*” plants and preparation of its dry extract (2017-2019).
- Investigating antidepressant effects of “*Monzig-e-Soda*” tablet and syrup in forced swimming model of male rat (2018-2020).
- Formulation and quality control of a tablet from “*Majun-e-etriphel-e-geshnizi*” for treatment of dyspepsia based on Iranian Traditional Medicine references (completed) .
- Quality control of *Nepeta menthoides* (completed).
- Investigating the stability of “*Monzig-e-soda*” capsule found in local market (completed).
- Preparation of a topical dosage form for burn based on Traditional Medicine of Iran references and evaluation of its efficacy in rat model (completed).

Thesis supervisor/advisor (Pharm.D and Ph.D)

- Formulation and *in vitro* evaluation of “*Monziq-e-Soda*” tablet and syrup and comparing their antidepressant effects in rat model.
- Formulation of “*Monziq-e-Balgham*” tablet and syrup according to Iranian traditional medicine and evaluating their effects on stomach mucus (*in vivo*).
- Evaluation of the effect of Chamomile oil on lymphedema volume, range of motion and quality of life in breast cancer related lymphedema.
- Comparison of the effect of herbal ointment with silver sulfadiazine ointment on second degree burn wounds.
- Efficacy of traditional Persian medicine product “*Jollab-e-morakkab*” compared with placebo, for the treatment of fatigue and insomnia in multiple sclerosis patients.
- Study the effect of costus oil, retrieved from Persian Medicine, on pediatric nocturnal enuresis.
- Formulation and quality control of a topical cream containing *Rosa canina* L. and *Rheum palmatum* L. extracts and almond (*Prunus amygdalus* L.) oil based on Iranian Traditional Medicine references.
- Formulation and quality control of a topical product from *Allium sativum* oil based on Iranian Traditional Medicine.
- Formulation and quality control of a topical product from *Anethum graveolens* L. based on Iranian Traditional Medicine.
- Formulation and quality control of a topical product from Costus oil for joint pain relief based on Iranian Traditional Medicine.
- Formulation and quality control of “*Nilooofar*” (*Nymphaea alba* L.) syrup retrieved from Iranian Traditional Medicine references.

- Formulation and quality control of a honey based “*Jollab*” syrup retrieved from Iranian Traditional Medicine references.
- Formulation of a topical product from kiwi (*Actinidia deliciosa*) fruit extract and study of its effect on the third degree burn wounds in rats.
- Evaluation the efficacy of an ointment containing myrtle (*Myrtus communis* L.) extract and olive (*Olea europea* L.) retrieved from Iranian Traditional Medicine in rat burn wound model
- Formulation and quality control of a topical product from *Viola odorata* L. (sweet violet) for healing of eczema based on Iranian Traditional Medicine.
- Formulation and Quality Control of Topical product containing *Matricaria chamomilla* L. and *Trigonella foenum-graecum* L. based on Iranian Traditional Medicine References.

PROFESSIONAL MEMBERSHIP

- Member of the “International Society for the History of Islamic Medicine”.
- Member of the “Iranian Scientific Association of Traditional Medicine”.
- Member of the “Iranian Society of Pharmacognosy”.
- Member of editorial board of “Research Journal of Pharmacognosy”.

HONORS AND AWARDS

- Achieved the first rank in the board exam (2010).
- Awarded for excellence in Shahid Beheshti University Educational Festival (2013).