

Curriculum Vitae

Shamim Sahranavard

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Department of Traditional Pharmacy, School of Traditional Medicine,
Shahid Beheshti University of Medical Sciences, Tehran, Iran
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Personal Information

Sex: Female

Nationality: Iranian

Place of Birth: Tehran, Iran

Languages: Persian, English, German

Computer skills: Microsoft office

Google scholar profile:

<https://scholar.google.com/citations?user=5eHkDHAAAAAJ&hl=en>

Scopus profile: <https://www.scopus.com/authid/detail.uri?authorId=25936624600>

Orcid ID: <https://orcid.org/0000-0002-4321-8654>

Academic Record

2010

Ph.D., Pharmacognosy

[Shahid Beheshti University of Medical Sciences, Iran]

Thesis: “Screening and investigation for cytotoxic activity

of some

medicinal plants from Iran –isolation and structure

elucidation of

cytotoxic compounds.

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”.

Academic Employment

2011 (until now) **Shahid Beheshti University of Medical Sciences, School of**

Traditional Medicine
Assistant Professor

2005 (until now) **Shahid Beheshti University of Medical Sciences, Iran**
Traditional Medicine & Materia Medica Research Center
Position: Research Assistant

Sep 2008- Aug 2009 **Freie Universitaet Berlin, Germany**
Pharmazeutische Biologie
Position: Guest Researcher/ Research Assistant

Employment (General)

2003-2005 **Mahalat public health center, Mahalat, Iran**
Position: Manager of Medical Department

2009-2010 **Dineh Iran pharmaceutical company**
Position: Researcher at research and development center

Internship & Trainings

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

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

Research interests

Isolation and structure elucidation of natural compounds

In vitro cytotoxic evaluation of natural products

In vitro nitric oxide and cyclooxygenase inhibitory evaluation of herbal medicine and natural compounds.

Iranian traditional pharmacy

Editorial board

Research Journal of Pharmacognosy (RJP)

Journal referee

Journal of diabetes & metabolic disorders

Iranian Journal of Pharmaceutical sciences (IJPR)

Research Journal of Pharmacognosy (RJP)

Journal of Herbal Medicine (HERMED)

Chinese Journal of Integrative Medicine (CJIM)

Pharmaceutical Biology

Research in Pharmaceutical sciences (RPS)

Responsibilities

Member of Education Development Office, Shahid Beheshti University of Medical Sciences, Tehran, Iran

Manager of traditional pharmacy, traditional medicine faculty, Shahid Beheshti University of Medical Sciences, Tehran, Iran (2014-2016)

Member of Iranian society of pharmacognosy

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

Teaching courses

Principles of Herbal Medicine

Materia Medica & Iranian Traditional Medicinal Plants

Phytopharmaceutical

Complementary and Alternative Medicine

Microsoft office (Word, Excel)

Supervisor of training course in pharmaceutical industry

Publications

Full Papers

- 1) **S.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.
- 2) S. Esmaili, F. Naghibi, M. Mosaddegh, **S. Sahranavard**, S, Ghafari, A, Noor Rain, “Screening of antiplasmodial properties among some traditionally used Iranian plants”, *Journal of Ethnopharmacology*, 2009, 121(3): 400-404.
- 3) **S. 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.
- 4) **S. Sahranavard**, F. Naghibi, K. Siems, K. Jenett-Siems. “New cucurbitane-type triterpenoids from *Bryonia aspera*”, planta medica, 2010, 76(10): 1014-1017.
 - 5) **S. 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).
 - 6) S, Ghafari, **S. Sahranavard**. tribulus terrestris. Medical Encyclopedia of Islam and Iran. 2012.
 - 7) **S. 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.
 - 8) **S. Sahranavard**, S, Ghafari, M. Mosaddegh. Medicinal plants used in Iranian traditional medicine to treat epilepsy. Seizure. 2014, 23(5):328-32.
 - 9) S. Ghafari, F. Naghibi, S. Esmaeili, **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.
 - 10) Esmaeili S, **Sahranavard S***, Hamzeloo-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.
 - 11) H. Memarzadeh, T. Eftekhari, M. Tansaz, F. Hashem Dabaghian, M. Kamalinejad, T. Foroughifar, **S. 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.
 - 12) A. Ziai, **S. 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.
 - 13) A. Ziai, **S. Sahranavard**, M. Faizi. Topical herbal remedies for treatment of joint pain according to Iranian Traditional Medicine. Research journal of Pharmacognosy. 2016, 3(3).

- 14) Z Bahaeddin, A. Yans, F Khodagholi, H Hajimehdipoor, **S Sahranavard***. Hazelnut and neuroprotection: Improved memory and hindered anxiety in response to intra-hippocampal A β injection. *Nutritional neuroscience*. 2016 (1):1-10.
- 15) Z Bahaeddin, A. Yans, F Khodagholi, **S Sahranavard***. Neuroprotection and anxiety like behavior reduction of *Allium hirtifolium* Boiss and *Astragalus hamosus* L. in the A β -injected rat. *Research Journal of Pharmacognosy*. 2016 3(4): 63-72
- 16) P. Sarkhail, **S. 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.
- 17) M Nikkhajoei, Rasool Choopani, M Tansaz, F Hashem-Dabaghian, G Heydarirad, **S. 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.
- 18) M Nikkhajoei, Rasool Choopani, M Tansaz, G Heydarirad, F Hashem-Dabaghian, **S. 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.
- 19) A S. Keyhanmehr, M Movahhed, **S. Sahranavard**, M Hamdieh, S Afsharpaiman, L Gachkar, H Nikfarjad. Which Aroma In Iranian Traditional Medicine Is Effective On Sleep Disorders? 2017, *Galen Medical Journal* 6 (1), 3-11.
- 20) 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).
- 21) 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.
- 22) A.S. Keyhanmehr, M Movahhed, **S. Sahranavard**, L. Gachkar, M Hamdieh, S. Afsharpaiman, H Nikfarjad. The effect of aromatherapy with *Rosa damascene* essential oil on sleep quality in children. *Research Journal of Pharmacognosy*. 2017, 5(1).

23) Zahra Bahaeddin, Asal Yans, Fariba Khodaghali, **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.

24) 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).

25) 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*. 2017.

Books

S. Sahranavard, M. Mosaddegh. Chapter 22: Herbal Medicines. 7th ed. Iranian National Formulary (INF). Iranian Food and Drug Administration. 2016.

Abstracts

1. M. Faizi, B. Shafaghi, M. Kamali Nejad, **S. Sahranavard**, "Anti-nociceptive and anti-inflammatory activities of olive fruit extract", *IJPR Suppl.*, Tehran, Oct 2004.
2. **S. Sahranavard**, F. Naghibi, M. Mosaddegh, E. Davai, Y.H. Cheah, A. Noor Rain. Cytotoxic activity of medicinal plants from Iran. Noor Rain. 6th international traditional/ complementary medicine conference (INTERCOM) AND 3th international congress on traditional medicine and material medica. Kuala Lumpur, Malaysia. Jul 2007.
3. M. Mosaddegh, S. Ghafari, E. Davari, **S. Sahranavard**, F. Naghibi. "Investigation of cytotoxic effect of some Iranian medicinal plants", International Congress of Traditional and Complementary Medicine, Sari, Iran, Oct 2008.
4. **S. Sahranavard**, F. Naghibi, K. Jenett-Siems. "New cucurbitacin derivatives from *Bryonia aspera* Stev. ex Ledeb", 57th International Congress and Annual Meeting of the Society for Medicinal Plant and Natural Product Research, Geneva, Swiss, Aug 2009.

5. **S. Sahranavard**, S. Ghafari, H. M. Moazzeni, F. Naghibi. Antiproliferative effect of *Bryonia aspera* Stev. Ex Ledeb. 58th International Congress and Annual Meeting of the Society for Medicinal Plant and Natural Product Research, Berlin, Germany, 2010.
6. **S. Sahranavard**, S. Ghafari, F. Naghibi. "Screening of 9 triterpenoids isolated from *Bryonia aspera* for their cytotoxic activity". 13th International Congress of the Society for Ethnopharmacology. Graz, Austria, Sep 2012.
7. M. Mosaddegh, S. Esmaili, A. Pirani, **S. Sahranavard**, F. Naghibi." Cytotoxic activity of some plants from family caryophyllaceae". 13th International Congress of the Society for Ethnopharmacology. Graz, Austria, Sep 2012.
8. Atousa Ziaei ,**shamim sahranavard**, Mehrdad Faizi. Evaluation of antinociceptive activity of topical use of *Lawsoina inermis* (henna) leaves in rat by spontaneous mobility and mechanical allodynia methods. 21st international Iranian congress of physiology and pharmacology. Tabriz, Iran, Aug. 2013.
9. Atousa Ziaei ,**shamim sahranavard**, Mehrdad Faizi. Evaluation of antinociceptive and anti-inflammatory activity of topical use of *Planatus orientalis* L. in a rat model of osteoarthritis (OA). 3rd national congress on medicinal plants. Mashhad, Iran, April 2014.
10. S. Ghafari, **S. Sahranavard**, S. Esmaili. Plants Used For Lithotripsy in Traditional Medicine. Fourth International Meeting on Pharmacy & Pharmaceutical Sciences, Istanbul, Turkey, Sep. 2014.
11. Z Bahaeddin, **S Sahranavard**, F Khodagholi. Plants Used in Iranian Traditional Medicine for Treating Alzheimer's Disease. The first international congress of complementary and alternative medicine. Mashhad, Iran. 2015.
12. S, Ghafari, **S. Sahranavard**, Azar Tahghighi, M. Mosaddegh. Plants used as repellent or insecticide based on Zakhire Kharazmshahi, an Iranian traditional medicine textbook. The first international congress of complementary and alternative medicine. Mashhad, Iran. 2015
13. **S. Sahranavard**, P. Sarkhail, S. Behzad. In vitro cytotoxic activity of *Phlomis olivieri* and *Phlomis persica* on MCF7, A549 and HepG2 cell lines. 2nd National Congress of Integrative Oncology, Tehran, Iran, 2015.
14. Zeinab Heidarian, **Shamim Sahranavard**, Raza Jahani, Babak Gholamin, Mehrdad Faizi. Evaluation of sedative- hypnotic effects of *Astragalus*

Fasciculifolius aqueous extract in mice. 6th National Congress on Medicinal Plants. Tehran, Iran, 2017.

15. Elnaz Ghorbani, **Shamim Sahranavard**, Reza Jahani, Mehrdad Faizi. Evaluation of sedative- hypnotic effects of aqueous extract of *Haplophyllum acutifolium* in mice. 6th National Congress on Medicinal Plants. Tehran, Iran, 2017.
16. Shabnam Ebrahimzade, **Shamim Sahranavard**, Reza Jahani, Mona Khoramjou, Mehrdad Faizi. Evaluation of sedative- hypnotic effects of *Capparis spinosa* aqueous extract using experimental models. 6th National Congress on Medicinal Plants. Tehran, Iran, 2017.
17. Maede Manaee, **Shamim Sahranavard**, Reza Jahani, Mehrdad Faizi. Antinociceptive effect of *Eremostachys macrophylla* aqueous extract in mice. 6th National Congress on Medicinal Plants. Tehran, Iran, 2017.
18. Seyed Mehregan SadatSafavi, **Shamim Sahranavard**, Reza Jahani, Azadeh Nasiri, Mehrdad Faizi. Evaluation of antinociceptive effects of *Marrubium astracanium* aqueous extract using Writhing reflex in mice. 6th National Congress on Medicinal Plants. Tehran, Iran, 2017.
19. A. Ketabi; Sh. Fahimi; S. Ghafari; Z. Hesari; **S. Sahranavard**. Formulation and quality control of a topical gel product for treatment of melasma. First Iranian Pharmacognosy Congress. Research Journal of Pharmacognosy (RJP). 4(Supplement) 2017: 56.
20. **S. Sahranavard**; S. Ghafari; M. Irani; B. Eslami Tehrani. Neuroprotective activity of *Leontice leontopetalum* extract against H₂O₂-stimulated oxidative stress in PC12 cells. First Iranian Pharmacognosy Congress. Research Journal of Pharmacognosy (RJP). 4(Supplement) 2017:61.

Research projects

- 1) Evaluation of cytotoxicity of medicinal plants of Iran, 2007.
- 2) Cytotoxicity of medicinal plants of Turkmen Sahra, 2005.
- 3) Evaluation of anti-inflammatory effect of medicinal plants of Turkmen Sahra by cox-2 inhibitory effect.

- 4) Evaluation of anti-inflammatory effect of some medicinal plants of Turkmen Sahra by measurement of nitric oxide production
- 5) Evaluation of analgesic effects of some plants introduced in Iranian traditional medicine, using experimental model of knee osteoarthritis in rat.
- 6) Evaluation of invitro neuro-protective effects of some introduced plants in Iranian traditional medicine in treating Nisyan
- 7) Evaluation of anti-apoptotic properties and Neuro-inflammatory inhibition (invivo) of some introduced introduced plants in Iranian traditional medicine in treatment of Nisyan.
- 8) Cytotoxicity evaluation of some *Phlomis* species against cancer cell lines, 2014.
- 9) Comparing of physicochemical properties of *Zataria multiflora* samples purchased from Tehran market in 2015.
- 10) Tyrosinase inhibitor activity of some plants used to treat “*Kalaf*” in Iranian Traditional Medicine. 2016
- 11) Evaluation the effect of *Capparis Spinosa* FROM Iranian Traditional Medicine references on chemotherapy induced neuropathy in animal models. 2017

Thesis supervision

1. 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)
2. Evaluation of anti-apoptotic properties and neuro-inflammatory inhibition of some introduced introduced plants in Iranian traditional medicine in treatment of *Nisyan* (amnesia). (PhD)
3. The effect of the root of *Chicorium intybus* on ALT reduction in non-alcoholic fatty liver disease: a randomized double blind clinical trial. (PhD)
4. Comparison of effect of aromatherapy with essential oil of "*Rosa damascene*" and placebo on the quality of childrens' sleep disorder. (PhD)
5. Effect of Golghand (an Iranian traditional medicine product) on migraine headache. (PhD)

6. Evaluation anti- inflammatory effect of hydroalcoholic extract of "*Stachys turcomanica*" using carrageenan test in rats. (Pharm.D)
7. Phytochemical evaluation of dichloromethane extract of "*Primula auriculata*" aerial part. (Pharm.D)
8. Evaluation anti- inflammatory effect of hydroalcoholic extract of "*Haplophyllum acutifolium*" using carrageenan test in rats. (Pharm.D)
9. Evaluation of anti-convulsant effect of aqueous and methanol extracts of three *Inula* species. (Pharm.D)
10. 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.
11. 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)
12. Comparison the effect of *Portulaca oleracea* and Mefenamic acid capsule on the menstruation menorrhagia: a double blind placebo-controlled study. (MS)
13. Evaluation of neuroprotective activity of *Salvia multicaulis* through nitric oxide inhibition. (Pharm.D)
14. Evaluation of in vitro anti- inflammatory effect of *Astragalus jolderensis* and *Convolvulus commutatus* through nitric oxide inhibition. (Pharm.D)
15. Study of anti-inflammatory (neuroprotective) properties of some *Scutellaria* species via nitric oxide inhibition and phytochemical investigation of most effective species. (PhD)