

## CURRICULUM VITAE

### Date of Revision:

Oct, 2025

### Name:

Dr. Reza Ilkhani, MD, PhD.



### Education:

1987	<b>Diploma of experimental sciences</b> Tehran, Iran.
1999	<b>Doctor of Medicine (M.D)</b> Tehran University of Medical Sciences, Tehran, Iran
2013	<b>Ph.D. of Traditional Iranian (Persian) Medicine</b> Shahid beheshti University of Medical Sciences, Tehran, Iran

### Career/Academic Appointments:

Faculty Member (Assistant Professor) in School of Traditional Medicine, Shahid Beheshti University of Medical Sciences

### Administrative Positions:

Secretary of the Board for the Advancement and Development of Continuing Education in Traditional Medicine at the Ministry of Health since 2023.

Vice President for Educational, Cultural, and Student Affairs of the Faculty of Traditional Medicine (2020-2021)

Trusted Physician of the Faculty of Traditional Medicine (2020-2016)

Head of Cultural Management at Birjand University of Medical Sciences (2023-2024)

Representative of Graduate Studies in the Faculty of Traditional Medicine

Member of the Committee for Organizing the Comprehensive Examination of Traditional Medicine at Birjand University of Medical Sciences

Member of the Traditional Medicine Working Group at Birjand University of Medical Sciences

Member of the Scientific Committee of the Health and Youth Population Headquarters

Member of the Cultural Committee of the Health and Youth Population Headquarters

Educational Advisor for PhD Students

Member of the Media Committee of the Health and Youth Population Headquarters  
 Member of the Committee for Organizing the Comprehensive Examination of Traditional Medicine at Shahid University  
 Member of the Committee for Organizing the Comprehensive Examination of Traditional Medicine at Mashhad University of Medical Sciences  
 Member of the Interview Team for the Recruitment Exam of Traditional Medicine Assistants in the 6th Regional Area  
 Member of the Interview Team for the Recruitment Exam of Traditional Medicine Assistants in the 10th Regional Area  
 Scientific Secretary of the Conference on Nutrition Principles in Kidney Diseases from the Perspective of Iranian Medicine  
 Scientific Secretary of the Conference on Nutrition Principles during Ramadan and Fasting from the Perspective of Traditional Iranian Medicine  
 Scientific Secretary of the Conference on the Concept of Temperament and Its Applications from the Perspective of Traditional Iranian Medicine  
 Scientific Secretary of the Conference on the Principles of Kidney Stone Treatment from the Perspective of Traditional Iranian Medicine  
 Scientific Secretary of the Conference on Understanding Nutrition Principles during Fasting and Ramadan from the Perspective of Traditional Iranian Medicine  
 Scientific Secretary of the Conference on Prevention and Treatment of Kidney Stones in Traditional and Modern Medicine  
 Scientific Secretary of the Conference on Nutrition in Kidney Stone Disease from the Perspective of Traditional and Classical Medicine  
 Scientific Secretary of the Conference on Prevention, Diagnosis, and Treatment of Kidney Stones from the Perspective of Iranian and Modern Medicine  
 Secretary of the Development and Promotion Committee for Continuing Professional Education in Traditional Iranian Medicine  
 Representative of Graduate Studies  
 Scientific Supervisor of the Skill Training Course for Physicians  
 Member of the Cultural Council of the Faculty  
 Responsible for the Medical Commission

#### **Grant History:**

#### **The main performer:**

#### **On going Grants:**

1. Assessment of the relationship between skin temperature change rate and mizaj in students (PI)- 2021- Under Supervision

#### **The main performer:**

#### **Completed Grants:**

1. Evaluating the Effect of `hijama` on Chronic Obstructive Pulmonary Disease: Randomized Clinical Trial (PI)- 2019-2022.
2. The explanation of the theoretical aspects of `the concept of strength and weakness of the heart` in Iranian Traditional Medicine (Persian medicine) (PI)- 2019-2021.
3. Preparing selected natural product (Bore armani and Raphanus niger Mill. combination/mixture) base on Iranian traditional medicine sources to treat kidney stone (PI)- 2019-2022.
4. Effect of Iranian Traditional Medicine (Persian Medicine) dietary recommendations on metabolic risk factors in calcium or radio-opaque kidney stones: a controlled randomized clinical trial (PI)- 2019-2022.
5. Effect of aqueous extract anisum Pimpinella airway inflammation and histopathological changes in Balb/c mouse model of ovalbumin-induced allergic asthma (PI)- 2018-2020.
6. An investigation into identifying mezaj in diabetic children before insulin treatment, using Delphi method (PI)- 2017-2020.
7. Concept development of wet & dry dystemperament (suemizaj) of stomach in Iranian Traditional Medicine (PI)- 2017-2020.
8. Eructation (Josha') in the perspective of Iranian Traditional Medicine (PI)- 2017-2017.
- 9.

**Co-worker in research project:**

**On going Grants:**

1. Designing, implementation and evaluation of a flipped classroom of Mizaj course in persian medicine for medical students of Birjand University of Medical Sciences (student)- 2024- Under Supervision
2. Comparison of Persian Medicine dietary recommendations versus Desmopressin on treatment of primary nocturnal enuresis in children (Co-PI)- 2021

**Completed Grants:**

1. Effect of tonic onsoli syrup and samgh capsule on creat of the menstrual cycle in women with polycystic ovary syndrome in a pilot study (Co-PI)- 2017-2020.
- 2.

## **Bibliography:**

### **Peer-Reviewed Original Research:**

- 1. Liver- heart inter- relationship in fatty liver disease based on the avicenna's point of view**  
Khadem, E., Nasiri Toosi, M., **Ilkhani, R.**  
Iranian Journal of Public Health 2013.
- 2. Avicenna and oral lithotripters**  
**Ilkhani, R.**, Mehraei, A., Moradi, H.  
Iranian Journal of Public Health 2013
- 3. Extended honeymoon period in a type 1 diabetic child by Iranian Traditional Medicine treatments, a case report**  
Aghanouri, Z., Siavash, M., Mombeini, H., (...), Mojahedi, M., **Ilkhani, R.**  
Primary Care Diabetes, 2017
- 4. A review of the indices of Mizaj-e-Meda (Temperament of stomach) identification in persian medicine**  
Parsa E, Mojahedi M, Chaichi raghimi M, **Ilkhani R**, Zareian A, Mokaberinejad R, et al  
Journal of Babol University of Medical Sciences, 2018
- 5. Comparing Mizaj (temperament) in type 1 diabetes mellitus and healthy controls: A case-control study**  
**Ilkhani, R.**, Aghanouri, Z., Mojahedi, M., (...), Siavash, M., Tabatabaei, F.  
Journal of Research in Medical Sciences, 2019
- 6. Anti-inflammatory effect of pimpinella anisum extract in a mouse model of allergic asthma**  
Dargahi, T., **Ilkhani, R.**, Ghiaee, A., (...), Kashafroodi, H., Choopani, R.  
Research Journal of Pharmacognosy, 2021.
- 7. Explaining the Mizaj Identification Criteria in Diabetic Children Baesd on Persian Medicine Experts agreement; A Delphi method**  
M Mojahedi, M Asghari, A Ebadi, **R Ilkhani**, Z Aghauri, A Montazeri  
Payesh, 2021
- 8. Topical Use of Saussurea costus (Falc.) Lipsch. (Qost) Oil in Pediatric Nocturnal Enuresis in Comparison with Sesame Oil, A Randomized Double-Blind Clinical Trial**  
**Ilkhani, R.**, Bigdeli, M., Mohkam, M., (...), Hosseini Tabatabaei, S.M.T., Motaharifard, M.S.  
Traditional and Integrative Medicine, 2021.
- 9. Major and minor criteria for gastric dystemperaments in Persian Medicine: Sari gastric dystemperament criteria-I (SGDC-I)**  
Chaichi-Raghimi, M., **Ilkhani, R.**, Parsa, E., (...), Montazeri, A., Mojahedi, M.  
Caspian Journal of Internal Medicine, 2022.
- 10. Clinical Efficacy of Persian Medicine Diet Combined with Western Medicine-Based Diet on Proteinuria in Pediatric Nephrotic Syndrome: A Randomized Controlled Clinical Trial**  
Rahmani, A., Naseri, M., Mohkam, M., (...), Shakeri, N., **Ilkhani, R.**  
Evidence Based Complementary and Alternative Medicine, 2022
- 11. Herbal Treatment of COPD and Asthma According to Persian Medicine: a Review of Current Evidence**  
Baniamerian, R., Tahermohammadi, H., Daneshfard, B., (...), Shakeri, N., **Ilkhani, R.**

Tanaffos, 2023.

**12. Design and Validation of the Questionnaire to Determine the Warmness and Coldness of the liver Mizaj (Temperament): A Self-Report Scale**

Mojahedi, M., Tansaz, M., **Ilkhani, R.**, Abbassian, A., Namdar, H., Saberi Isfeedvajani, M., Zareyan, A., Shirafkan, H., Ebadi, A., Hakimi, F. and Shirzad, M.,  
Journal of Advances in Medical and Biomedical Research, 2024.

**13. Evaluation of the effect of black radish juice on the treatment or prevention of stone formation induced by ethylene glycol in rat**

Komeili, M., Osmani, F., Malekane, M., Askari, S.F., **Ilkhani, R.**  
Acta Scientiarum Health Sciences, 2025.

**14.**

**Chapters, Books:**

- Clinical Guide to Diagnosis and Treatment of Diseases in Iranian Medicine: Step-by-Step Treatment of Acne - Member of the Scientific Council.
- Clinical Guide to Diagnosis and Treatment of Diseases in Iranian Medicine: Step-by-Step Treatment of Hemorrhoids - Member of the Scientific Council.
- Clinical Guide to Diagnosis and Treatment of Diseases in Iranian Medicine: Step-by-Step Treatment of Bloating - Member of the Scientific Council.
- Clinical Guide to Diagnosis and Treatment of Diseases in Iranian Medicine: Step-by-Step Treatment of Abnormal Uterine Bleeding - Member of the Scientific Council.
- Clinical Guide to Diagnosis and Treatment of Diseases in Iranian Medicine: Step-by-Step Treatment of Peptic Ulcer - Member of the Scientific Council.
- Clinical Guide to Diagnosis and Treatment of Diseases in Iranian Medicine: Step-by-Step Treatment of Gastroesophageal Reflux - Member of the Scientific Council.
- Correction of the Treatise on the Presentation of Fruits and Delays in Food by Muhammad ibn Zakariya al-Razi.
- Translation of the Treatise on the Presentation of Fruits and Delays in Food by Muhammad ibn Zakariya al-Razi (The Timing of Eating Fruits Relative to Food).
- Step-by-Step Treatment of Diabetes with Iranian Medicine.

**- Patent**

Herbal Capsule for Kidney Stone Expulsion