

CURRICULUM VITAE

**Date of Revision:**

May 22, 2024

Name:

Dr. Ghazaleh Heydarirad

Education:**• Sep 1998– Jun 2005**

Azad University of Medical Sciences, Tehran, Iran.

Doctor of Medicine (M.D), GPA: 16.09/20.

Thesis Title: Investigating the Prevalence of Diabetes Mellitus in Patients with Carpal Tunnel Syndrome.

• Sep 2011 – Jun 2015

Shahid Beheshti University of Medical Sciences, Tehran, Iran.

Ph.D. of Traditional Iranian (Persian) Medicine, GPA: 18.29/20.

Thesis Title: The Ph.D. dissertation compared “*Malva Sylvestris* and *Alcea Digitata* Formulations and Artificial Saliva (Hypozaalix) in The Management of Xerostomia in Patients with Head-and-Neck Cancers.”

Career/Academic Appointments:

Associate Professor

Administrative Positions:**2005 – 2007:**

The Research and Quality Control Center, Iranian Blood Transfusion Organization, 2-year compulsory medical service program, Tehran, Iran.

Position: Physician.

2007 – 2011:

Clinical Work in Private Practice, Tehran, Iran.

Position: Physician.

2015 – 2023:

Shohada-e-Tajrish Hospital, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

Position: Consulting Doctor in the Clinic.

2015 – Present:

Shahid Beheshti University of Medical Sciences, Department of Traditional Medicine, School of Traditional Medicine, Tehran, Iran.

Position: Faculty Member (Assistant Professor).

2021– 2022:

Vice-president of Educational Deputy of School of Traditional Medicine, Shahid Beheshti University of Medical Sciences.

[Type here]

2022 – Present:

Shahid Beheshti University of Medical Sciences, School of Traditional Medicine, Department of Traditional Medicine, Tehran, Iran.

Position: Consultant Professor for Traditional Medicine Students.

2022 – Present:

International coordinator of the school of Traditional Medicine, Shahid Beheshti University of Medical Sciences

Professional Honors & Recognition:

2015: Selected as “The Best Ph.D. student in the field of Traditional Iranian (Persian) Medicine”, The Third Festival of Iranian Medicine, Deputy Minister of Traditional Medicine, the Ministry of Health, Treatment, and Medical Education, Tehran, Iran.

2023: Winning the title of “Best Article in the History of Medicine”, The Third Festival of Iranian Medicine, Deputy Minister of Traditional Medicine, the Ministry of Health, Treatment, and Medical Education, Tehran, Iran.

Grant History (on going):

The main performer:

- 1-** Investigating the effect of lifestyle education on increasing the level of awareness and performance of cancer patients in reducing complications during chemotherapy (PI)-2023.
- 2-** Evaluation the Efficacy of Trachyspermum Ammi Topical Cream on Taxane induced Peripheral Neuropathy Symptoms in Cancer Patients: A Pilot Study, Traditional Medicine and Materia Medica Research Center, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2017.
- 3-** Effects of Mixture of Distillated of Chicory and Fumitory Compared with Venlafaxin on Hot Flashes in Breast Cancer Survivors, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2019.
- 4-** Effects of Debs Syrup (A Product of Grape Juice) on Cancer-related Fatigue in Breast Cancer Patients, Cancer Research Center, Shohada-e Tajrish Hospital, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2019.
- 5-** Effects of “Compound Ma-ol-asal” Syrup on Cancer-related Fatigue in Gastrointestinal (GI) Cancer Patients Who are Undergoing Chemotherapy, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2022.
- 6-** Investigating the Effect of Lifestyle Education on Increasing The level of Awareness and Performance of Cancer Patients in Reducing Complications During Chemotherapy, Traditional Medicine and Materia Medica Research Center, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2023.

Co-worker in research project:

- 7-** Formulation of Cucurbita pepo L. vaginal cream for symptoms of vulvovaginal atrophy and assessment of its irritation in rabbit (Co-PI), 2024
- 8-** Metabolic effect of Iranian Medicine-Based Diet in Women with Polycystic Ovarian Syndrome ;A Randomized single blind Clinical Trial (Co-PI), 2023
- 9-** Comparative of peripheral neuropathy with Khadar disease of Persian medicine and the effect of topi (Co-PI), 2023

[Type here]

- 10-** Comparison of the efficacy of dermoline- henna cream with Strata XRT cream on radiodermatitis in breast cancer (Co-PI), 2022
- 11-** Formulation of Viola odorata L. tablet and investigating the effect of the product on breast cancer-related fatigue: Pilot study (Co-PI), 2022
- 12-** Evaluation the efficacy of henna cream (Lawsonia inermis L) in reducing the incidence and severity of radiation induced dermatitis in patients with breast cancer (Co-PI), 2019
- 13-** Collaboration on the project “Dermolin Henna Cream in Prophylaxis and Treatment of Radiation Induced Dermatitis in Breast Cancer”, Clinical Research Development Center, Imam Hossein Educational Hospital, Shahid Beheshti University of Medical Sciences, Tehran, Iran.
- 14-** Collaboration on the project “Evaluating the Effectiveness of Vaginal Cream (An Iranian Traditional Medicine Product) on Subjective Symptoms of Atrophic Vaginitis in Women with Breast Cancer”, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran.
- 15-** Collaboration on the project “Formulation of Viola Odorata L. Tablet and Investigating the Effect of the Product on Breast Cancer-related Fatigue: Pilot Study”, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran.
- 16-** Collaboration on the project “Effects of Aromatherapy with Lavender and Peppermint Essential Oils on the Symptoms of Chemotherapy-induced Peripheral Neuropathy in Patients with Breast Cancer”, Clinical Research Development Center, Shohadae Tajrish Hospital, Shahid Beheshti University of Medical Sciences, Tehran, Iran.
- 17-** Collaboration on the project “Comparison of the Efficacy of Dermoline-henna Cream with Strata XRT Cream on Radiodermatitis in Breast Cancer”, Clinical Research Development Center, Imam Hossein Educational Hospital, Shahid Beheshti University of Medical Sciences, Tehran, Iran.
- 18-** Collaboration on the project “Metabolic Effect of Iranian Medicine-Based Diet in Women with Polycystic Ovarian Syndrome; A Randomized Single Blind Clinical Trial”, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran.
- 19-** Collaboration on the project “evaluation the efficacy of henna cream (Lawsonia inermis L) in reducing the incidence and severity of radiation induced dermatitis in patients with breast cancer”, Clinical Research Development Center, Imam Hossein Educational Hospital, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

Completed Grants:

The main performer:

- 1-** Efficacy of Maa-al-shaer (An Iranian medicine product based on barley seeds) in preventing and reducing the severity of radiotherapy-induced dysuria in prostate cancer patients; a double-blind randomized clinical trial (PI), 2023-2025
- 2-** Evaluation of the effects of Momiai (Shilajit) on Carboplatin-induced thrombocytopenia and oxidative stress in rats (PI), 2022-2023
- 3-** Evaluation of the Effects of the Cardioprotective Diet on the Prevention of the Incidence of Cardiotoxicity in Patients with Breast Cancer Receiving Anthracycline, (PI) School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2021-2025.
- 4-**
- 5-**

[Type here]

6- Efficacy of Aromatherapy with Rosa Damascena Mill on the Quality of Sleep in Cancer Patients with Sleep Disorder: A Pilot Study, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2022/04/16.

7- Evaluation of the Effect of Chamomile Oil on Lymphedema Volume, Range of Motion, and Quality of Life in Breast Cancer-related Lymphedema, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2022/04/17.

8- Effects of "Nokhod-ab" on Cancer-related Fatigue in Breast Cancer Patients, Traditional Medicine and Materia Medica Research Center, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2022/05/31.

9- Effects of Syrup of Jollab on Cancer-related Fatigue in Breast Cancer Patients: A Randomised Clinical Trial, Traditional Medicine and Materia Medica Research Center, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2022/06/25.

10- Effects of Honey- Lemon Spray and Benzydamine Hydrochloride Spray on Prevention of Radiation-induced Acute Mucositis in Head and Neck Cancer Patients: A Comparative Clinical Study, Traditional Medicine and Materia Medica Research Center, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2022/06/25.

11- Evaluation of the Efficacy and Safety of Purslane (Portulaca Oleracea) Product on Clinical Symptoms of Mild to Moderate Chronic Hand Dermatitis, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2022/07/16.

12- The Effect of Dermoline Henna Cream with Mometasone Cream on Radiodermatitis in Breast Cancer Patients, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2022/07/24.

13- Effect of Mucotin Spray on Chemotherapy (Anthracycline) induced Xerostomia and Mucositis in Breast Cancer Patients, Traditional Medicine and Materia Medica Research Center, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2023/03/13.

14- Comparative Evaluation of Effects of Sumac Spray and Benzydamine Hydrochloride Spray on Prevention of Radiation induced Acute Mucositis in Head and Neck Cancer Patients: A Randomized Clinical Trial, Traditional Medicine and Materia Medica Research Center, Shahid Beheshti University of Medical Sciences, 2023/06/13.

15- Evaluation Effects of a Traditional Persian Compound (Padzahr) on Bosulfan Induced Thrombocytopenia in Rats, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2023/07/11.

16- Comparison of the Effect of Chicory and Fumitory Syrup on Hot Flashes in Prostate Cancer Patients, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2023/12/04.

17- Investigation of The Effect of Aromatherapy (Rosa Damascena) on Anxiety in Mothers with Premature Infants in Tehran Mahdiye Hospital, School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran, 2024/02/05.

Co-worker in research project:

18- Evaluating the effectiveness of vaginal cream (An Iranian Traditional Medicine product) on subjective symptoms of vulvovaginal atrophy in women with breast cancer (Co-PI)- 2019-2022

19- Collaboration on the project "Evaluation of Topical Costus Sp. Preparation Efficacy in Treatment of Taxane Induced Neuropathy in Cancer Patients: A Pilot Study and a Randomised Controlled Trial", Clinical

[Type here]

Research Development Center, Imam Hossein Educational Hospital, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

20- Collaboration on the project “Evaluation of Topical Citrullus Colocynthis Fruit Oil Efficacy in Treatment of Chemotherapy-induced Peripheral Neuropathy in Cancer Patients”, Clinical Research Development Center, Shahid Modarres Educational Hospital, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

21- Collaboration on the project “Formulation and quality control of a honey based Jollab syrup retrieved from Iranian Traditional Medicine references”, Traditional Medicine and Materia Medica Research Center, Shahid Beheshti University of Medical Sciences.

22- Collaboration on the project “Evaluating the effectiveness of vaginal cream (An Iranian Traditional Medicine product) on subjective symptoms of vulvovaginal atrophy in women with breast cancer” School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

23- Collaboration on the project “Effects of Chicory and Fumitory products on hot flashes in breast cancer patients” Clinical Research Development Center, Shahid Modarres Educational Hospital, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

24- Collaboration on the project “concept development of warm and cold dystemperament (suemizaj) of uterus in Iranian Traditional Medicine” School of Traditional Medicine, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

Lectures, Courses, Web-based Education:

2024:

1- Ghazaleh Heydarirad, Improving the complications and increasing the quality of life in cancer patients using natural remedies, The 13th Green Gold Conference, the 12th Food and Dietary Supplements Conference, Tehran, Iran.

2023:

2- Ghazaleh Heydarirad, Jollab and Cancer-Related Fatigue in Breast Cancer Patients, The 1st International Symposium On Material Medica: Saffron, Tehran, Iran.

3- Ghazaleh Heydarirad, Management of Hyperlipidemia, The 7th International Heart Failure Congress of Iran, Tehran, Iran.

4- Ghazaleh Heydarirad, Integrative Oncology and Quality of Life of Cancer Patients, The First Scientific Symposium on the Role and Use of Medicina, Medical Organization of the Islamic Republic of Iran, Tehran, Iran.

5- Ghazaleh Heydarirad, Nutrition Recommendations in Breast Cancer Patients, A Scientific Conference by Traditional Medicine Association of Iran, Tehran, Iran.

2022:

6- Ghazaleh Heydarirad, Persian Medicine Recommendations to Reduce Flatulence After Bariatric Surgery, The 5th International Congress of Iranian Society of Metabolic & Bariatric Surgeons, Tehran, Iran.

7- Ghazaleh Heydarirad, Integrative Oncology and Quality of life in cancer patients, A Scientific Conference by Radiotherapy Association of Iran, Tehran, Iran.

8- Ghazaleh Heydarirad, Nutrition in Reducing Side Effects of Chemotherapy and Radiation Therapy, Conference on the Latest in Persian Medicine, Tehran, Iran.

[Type here]

2019:

9- Reyhaneh Gharehgozlou, Sanaz Poshtmahi, Hamidreza Mirzaei, Ghazaleh Heydarirad, Effects of a Syrup of Debs on Fatigue in Cancer Patients: A Double-Blind Randomized Placebo-Controlled Clinical Trial, 10th International Tehran Breast Cancer Congress (TBCC10) 3rd National Congress of Integrative Oncology, Tehran, Iran.

10- Ghazaleh Heydarirad, Sajjad Sadeghi, Clinical Trials for Controlling Cancer Complications Based on Principle of Persian Medicine, 24th Iranian & 3rd International Congress of Physiology and Pharmacology, Shahed University, Tehran, Iran.

2018:

11- Hamidreza Mirzaei, Ghazaleh Heydarirad, Parastoo Hajian, Rasool Choopani, A Pilot Study on Effects of a Persian Medicine Suggested Meal on Fatigue in Breast Cancer Patients, 13th International Breast Cancer Congress, Tehran, Iran.

2015:

12- Ghazaleh Heydarirad, Mehdi Pasalar, Investigating the Effect of Diet Education Based on Iranian Traditional Medicine in Reducing Hot Flashes in Breast Cancer Patients, The First National Congress of Integrative Oncology, Tehran, Iran.

13- Ghazaleh Heydarirad, Increasing the Quality of Life and Reducing the Complications Caused by Radiotherapy in Head and Neck Cancer Patients, The First National Congress of Integrative Oncology, Tehran, Iran.

14- Ghazaleh Heydarirad, An Evidence-Based Approach to Integrative Oncology (Traditional Herbal Remedies and Complementary Medicine) for the Management of Complications in Head and Neck Cancers, The 4th National Congress of Medicinal Plants, Tehran, Iran.

Peer-Reviewed Original Research:

1- Mohamad Javad Ehsani, Jamileh Mahdavi Jafari, Rasool Choopani, Ghazaleh Heydarirad, et al. Hepatoprotective Herbal Medicine in Iranian Traditional Medicine (ITM). *European Journal of Experimental Biology*. 2014; 4(3): 88–92.

2- Ahmad Ameri, Ghazaleh Heydarirad, Jamileh Mahdavi Jafari, Ali Ghobadi, Hossein Rezaeizadeh, Rasool Choopani. Medicinal Plants Contain Mucilage Used in Traditional Persian Medicine (TPM). *Pharmaceutical Biology*. 2015; 53(4): 615–623.

3- Ahmad Ameri, Ghazaleh Heydarirad (Corresponding Author), Hossein Rezaeizadeh, Rasool Choopani, et al. Evaluation of Efficacy of an Herbal Compound on Dry Mouth in Patients with Head and Neck Cancers: A Randomized Clinical Trial. *Journal of Evidence-Based Complementary & Alternative Medicine*. 2015; 21(1): 30–33.

4- Hajar Memarzadeh, Tahereh Eftekhari, Mojgan Tansaz, Fataneh Hashem Dabaghian, Mohammad Kamalinejad, Tahereh Foroughifar, Shamim Sahranavard, Ghazaleh Heydarirad. Evaluation of Efficacy of *Punica Granatum L.* (Persian Gulnar) on Uterine Leiomyoma Related Menorrhagia: a Pilot Study. *International Journal of Biosciences*. 2015; 6: 18–25.

5- Nafiseh Hoseini Yekta, Younes Roohany, Fatemeh Emadi, Soghrat Faghihzadeh, Mohsen Naseri, Ghazaleh Heydarirad, et al. Effects of an Herbal Medicine on Relieving Disability and Pain due to Chronic Low Back Pain (LBP). *Biological Forum – An International Journal*. 2015; 7(2): 138–141.

6- Ghazaleh Heydarirad, Rasool Choopani. “Dry Mouth” From the Perspective of Traditional Persian Medicine and Comparison with Current Management. *Journal of Evidence-Based Complementary & Alternative Medicine*. 2015; 20(2): 137–142.

- 7-** Maryam Nikkhajoei, Rasool Choopani, Mojgan Tansaz, Ghazaleh Heydarirad, Fataneh Hashem-Dabaghian, et al. Herbal Medicines Used in Treatment of Nonalcoholic Fatty Liver Disease: A Mini-Review. *Galen Medical Journal*. 2016; 5(3): 107–113.
- 8-** Narges Motahari Tabari, Seyde Sedighe Yousefi, Ghazaleh Heydarirad, Maryam Kardan Soraki, Payam Habibipour. Exercise From the Perspective of Iranian Traditional Medicine. *Journal of Evidence-Based Complementary & Alternative Medicine*. 2016; 22(2): 344–346.
- 9-** Maryam Nikkhajoei, Rasool Choopani, Mojgan Tansaz, Fataneh Hashem-Dabaghian, Ghazaleh Heydarirad, et al. 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): 1–7.
- 10-** Ghazaleh Heydarirad, Seyed Mohammad Hasan Sadeghi, Seyed Mehdi Hosseini Khameneh, Mahmood Khodadoost, et al. Effects of Natural Substances on Healing of Long Bone Fractures: A Narrative Review of Traditional Persian Medicine. *Galen Medical Journal*. 2016; 5(4): e631-e631.
- 11-** Ghazaleh Heydarirad, Hossein Rezaeizadeh, Rasool Choopani, Seyed Hamdollah Mosavat, Ahmad Ameri. Efficacy of a Traditional Persian Medicine Preparation for Radiation-Induced Xerostomia: a Randomized, Open-Label, Active-Controlled Trial. *Journal of Integrative Medicine*. 2017; 15(3): 201–208.
- 12-** Ghazaleh Heydarirad, Rasool Choopani, Seyde Sedighe Yousefi. A Review on the Etiology, Types and Treatment of Dry Mouth and Related Diseases Based on Iranian Traditional Medicine. *Journal of Mazandaran University of Medical Sciences*. 2017; 27(154): 245–257.
- 13-** Zohre Bahrami Baresari, Abbas Abbaszadeh, Ghazaleh Heydarirad, Mehdi Khabazkhoob. The Psychometrics of the Persian Version of the “Cancer Fatigue Scale” in Iran. *EurAsian Journal of BioSciences*. 2018; 12(1): 149–156.
- 14-** Shahnaz Karkon Varnosfaderani, Fataneh Hashem-Dabaghian, Gholamreza Amin, Mahbubeh Bozorgi, Ghazaleh Heydarirad, et al. Efficacy and Safety of Amla (*Phyllanthus Emblica* L.) in Non-Erosive Reflux Disease: a Double-Blind, Randomized, Placebo-Controlled Clinical Trial. *Journal of Integrative Medicine*. 2018; 16(2): 126–131.
- 15-** Amir Hossein Faghihi Kashani, Ghazaleh Heydarirad, Seyde Sedighe Yousefi, Rasool Choopani, et al. Effects of “*Satureja Hortensis* L.” on Improving Adult Gastroesophageal Reflux Disease: A Double-Blinded, Randomized, Controlled Clinical Trial. *Iranian Red Crescent Medical Journal*. 2018; 20(2): 1–7.
- 16-** Armaghan Sadat Keyhanmehr, Sepideh Kolouri, Ghazaleh Heydarirad, Bahram Mofid, Seyed Hamdollah Mosavat. Aromatherapy for the Management of Cancer Complications: A Narrative Review. *Complementary Therapies in Clinical Practice*. 2018; 31: 175–180.
- 17-** Ghazaleh Heydarirad, Rasool Choopani, Mehdi Pasalar, Mohammad Mahdi Parvizi, et al. The Effect of a Chickpea-Based Persian Diet on Cancer-Related Fatigue in Breast Cancer Patients: A Semi-Experimental Study. *Complementary Medicine Research*. 2019; 26(6): 390–397.
- 18-** Nematollah Rostami, Seyed Hamdollah Mosavat, Ghazaleh Heydarirad, Roya Arbab Tafti, Mojtaba Heydari. Efficacy of Topical *Citrullus Colocynthis* (Bitter Apple) Extract Oil in Chemotherapy Induced Peripheral Neuropathy: A Pilot Double-Blind Randomized Placebo-Controlled Clinical Trial. *Phytotherapy Research*. 2019; 33(10): 2685–2691.
- 19-** Ghazaleh Heydarirad, Armaghan Sadat Keyhanmehr, Bahram Mofid, Hossein Nikfarjad, Seyed Hamdollah Mosavat. Efficacy of Aromatherapy with *Rosa Damascena* in the Improvement of Sleep Quality of Cancer Patients: A Randomized Controlled Clinical Trial. *Complementary Therapies in Clinical Practice*. 2019; 35: 57–61.
- 20-** Zohre Bahrami Baresari, Abbas Abbaszadeh, Ghazaleh Heydarirad. Demographic and Clinical Factors Affecting the Cancer-Related Fatigue. *Razi Journal of Medical Sciences*. 2020; 26(11): 34–42.

[Type here]

- 21-** hazaleh Heydarirad, Holger Cramer, Rasoul Choopani, Reyhaneh Gharehgozlou, et al. Topical Costus sp. Preparation as Palliative Care for Chemotherapy-Induced Peripheral Neuropathy of Patients: A Randomized Placebo-Controlled Pilot Trial. *The Journal of Alternative and Complementary Medicine (JACM)*. 2020; 26(9): 809–814.
- 22-** Bahareh Ahadi, Mehdi Pasalar, Hamid Reza Mirzaei, Reyhaneh Gharehgozlou, Ali Tavakoli, Ghazaleh Heydarirad. Impact of Jollab on Blood Parameters in Patients with Breast Cancer Undergoing Chemotherapy: A Pilot Randomized Controlled Trial. *Galen Medical Journal*. 2020; 10: 1–7.
- 23-** Zahra Sheikhi-Mobarakeh, Hossein Yarmohammadi, Parisa Mokhatri-Hesari, Shirin Fahimi, Ali Montazeri, Ghazaleh Heydarirad. Herbs as Old Potential Treatments for Lymphedema Management: A Systematic Review. *Complementary Therapies in Medicine*. 2020; 55: 1–9.
- 24-** Sajjad Sadeghi, Farzaneh Ghaffari, Ghazaleh Heydarirad, Mehdi Alizadeh. Galen's Place in Avicenna's The Canon of Medicine: Respect, Confirmation and Criticism. *Journal of Integrative Medicine*. 2020; 18(1): 21–25.
- 25-** Ghazaleh Heydarirad, Bahareh Ahadi, Ali Tavakoli, Hamid Reza Mirzaei, et al. Radiodermatitis in the Field of Traditional Persian Medicine; A Narrative Review. *Annals of the Romanian Society for Cell Biology*. 2021; 25(3): 8282–8287.
- 26-** Zahra Sheikhi-Mobarakeh, Mohammad Mostafa Ansari Ramandi, Hossein Yarmohammadi, Amirhossein Rooddehghan, Ghazaleh Heydarirad. Medical Procedures Safety for Breast Cancer Survivors Considering Lymphedema: A Systematic Review. *Multidisciplinary Cancer Investigation*. 2021; 5(1): 1–8.
- 27-** Ghazaleh Heydarirad, Hamid Nasrollahi, Mehdi Pasalar. Letter to the Editor: Re: "Medicinal Plants Used for the Treatment of Mucositis Induced by Oncotherapy: a Systematic Review" by Eubank et al. *Supportive Care in Cancer*. 2021; 30(2): 977–978.
- 28-** Ghazaleh Heydarirad, Bahareh Ahadi, Hossein Molavi Vardanjani, Holger Cramer, et al. Herbal Medicines for Treatment of Radiodermatitis: A Systematic Review and Meta-Analysis. *The Journal of Alternative and Complementary Medicine (JACM)*. 2021; 27(12): 1098-1104.
- 29-** Seyed Hamdollah Mosavat, Hamid Reza Mirzaei, Bahram Mofid, Reyhaneh Gharehgozlou, Mohammad Mahdi Parvizi, Ryan Bradley, Mehdi Pasalar, Ghazaleh Heydarirad. Efficacy of Lettuce Seed Syrup on Insomnia in Patients with Breast Cancer: a Pilot Double Blind Randomized Placebo Controlled Clinical Trial. *Journal of Complementary and Integrative Medicine (JICM)*. 2021; 19(4): 999-1005.
- 30-** Mona Malekzadeh Moghani, Sina Moghtadaei, Ali Sonboli, Sajjad Sadeghi, Seyed Mohammad Riahi, Ghazaleh Heydarirad. Effects of Chicory and Fumitory on Hot Flashes of Breast Cancer Survivors Compared to Venlafaxine: A Randomized Clinical Trial. *Journal of Complementary Medicine Research*. 2021; 12(4): 200–210.
- 31-** Ahmad Ameri, Sanaz Poshtmah, Ghazaleh Heydarirad, Holger Cramer, et al. Effect of Honey–Lemon Spray Versus Benzydamine Hydrochloride Spray on Radiation-Induced Acute Oral Mucositis in Head and Neck Cancer Patients: A Pilot, Randomized, Double-Blind, Active-Controlled Clinical Trial. *The Journal of Alternative and Complementary Medicine*. 2021; 27(3): 255–262.
- 32-** Fatemeh Kargarsharifabad, Sanaz Tavasoli, Ghazaleh Heydarirad, Fahimeh Bagheri Amiri, et al. Dietary Recommendations for Urinary Stones, From the Perspective of Persian Medicine and Comparison with Current Management. *Annals of the Romanian Society for Cell Biology*. 2021; 25(5): 2260–2267.
- 33-** Seyed Mahmood Fattahi Masoom, Abbas Ebadi, Rasool Choopani Zanjani, Mina Movahhed, Morteza Mojahedi, Atefeh Saeidi, Ghazaleh Heydarirad. Design and Validation of a Diagnostic Tool for Distinguishing Temperament of Brain (Mizaj-e Demagh) in Iranian Traditional Medicine. *Crescent Journal of Medical and Biological Sciences*. 2021; 8(1): 35–41.

[Type here]

- 34-** Ghazaleh Heydarirad, Ali Tavakoli, Kieran Cooley, Mehdi Pasalar. A Review on Medical Plants Advised for Neuralgia from the Perspective of "Canon of Medicine". *Advances in Integrative Medicine*. 2021; 8(3): 230–235.
- 35-** Jamileh Mahdavi Jafari, Shahdis Barimani, Fatemeh Aliasl, Ghazaleh Heydarirad, Mehdi Pasalar. A Mini-Review on Medicinal Plants Used for the Treatment of Jaundice in the Canon of Medicine. *Shiraz E-Medica Journal*. 2021; 22(4): 1–7.
- 36-** Ali Derhami, Sadegh Rajabi, Ghazale Heydarirad, Fatemeh Jafari. The Effect of Shilajit on Carboplatin-Induced Thrombocytopenia and Oxidative Stress in Rats. *Journal of Pharmaceutical Negative Results*. 2022; 13(7): 621–625.
- 37-** Maryam Radmanesh, Mona Malekzadeh, Ghazaleh Heydarirad, Mozhgan Mehri-Ardestani, Farid Zayeri, Mojgan Tansaz. The Effect of a New Vaginal Cream (A Persian Medicine Product) on Subjective Symptoms of Vulvovaginal Atrophy in Breast Cancer Survivors. *International Journal of Cancer Management*. 2022; 15(6): 1–10.
- 38-** Sajjad Sadeghi, Farzaneh Ghaffari, M-R Sohrabi, Ghazaleh Heydarirad. Physician Burnout, a New Term, a Well-Known Concept in the Medieval Era: a Thematic Review of Ruhawi's Adab al-Tabib. *Irish Journal of Psychological Medicine*. 2022; 39(4): 398–405.
- 39-** Shaghayegh Kamian, Ghazaleh Heydarirad, Mojgan Mehri Ardestani, Mansour Lesan. Effects of Henna-Violet Based Topical Preparation in Preventing and Reducing the Severity of Radiation-Induced Dermatitis in Breast Cancer Patients: A Randomized Double-Blind Clinical Trial. *Novelty in Biomedicine*. 2022; 10(4): 246–254.
- 40-** Hamidreza Mirzaei, Reyhaneh Gharehgozlou, Ghazaleh Heydarirad, Shirin Fahimi, Saeedeh Ghafari, et al. Efficacy and Safety of Jollab (a Saffron-Based Beverage) on Cancer-Related Fatigue in Breast Cancer Patients: A Double-Blind Randomized Clinical Trial. *Complementary Medicine Research*. 2022; 29(6): 437–445.
- 41-** Sedigheh Rastegar, Ghazaleh Heydarirad, Zeinab Aryanian, Maryam Shekofteh, et al. Effects of Herbal Medicines on the Prevention and Treatment of Contact Dermatitis: A Systematic Review. *The Iranian Journal of Public Health*. 2022; 51(6): 1210–1222.
- 42-** Mehdi Pasalar, Bahareh Ahadi, Hamidreza Mirzaei, Judith Buentzel, Mojgan Mehri Ardestani, Shaghayegh Kamian, Ghazaleh Heydarirad. Comparing DermolinaHenna Cream with Mometasone Cream in Improving Radiodermatitis Among Patients with Breast Cancer: A Randomized Active-Control Double-Bind Clinical Trial. *Journal of Integrative and Complementary medicine (JICM)*. 2022; 28(11): 895–903.
- 43-** Ahmad Ameri, Ghazaleh Heydarirad, Rasoul Choopani, Sanaz Poshtmahi, et al. Sumac-rose Water Mouthwash Versus Benzydamine to Prevent Radiation-Induced Oral Mucositis in Head and Neck Cancers: a Phase II Randomized Trial. *Journal of Cancer Research and Clinical Oncology*. 2023; 1–13.
- 44-** Niloofar Shaabani, Mohammad Mahdi Parvizi, Zahra Bagheri, Nasrin Saki, Zahra Shahsavari, Ghazaleh Heydarirad, et al. Psychometric Properties of a Persian Version of the Vulvovaginal Symptoms Questionnaire for Measuring Vulvovaginal Symptoms in postmenopausal women. *Menopause*. 2023; 30(3): 323–328.
- 45-** Alireza Khosropanah, Mojgan Mehri Ardestani, Nematollah Rostami, Fatemeh Hashemi, Mehdi Pasalar, Jennifer Hunter, Ghazaleh Heydarirad. Effects of Chicory and Fumitory on Hot Flashes Among Breast Cancer Survivors: A Randomized, Double-Blind Placebo-Controlled Trial. *Journal of Integrative and Complementary medicine (JICM)*. 2023; 29(1): 31–34.
- 46-** Sajad Sadeghi, Farzaneh Ghaffari, Bahram Mofid, Mojgan Mehri Ardestani, Ghazale Heydarirad. Effects of Chicory-Fumitory Syrup on Hot Flashes in Comparison with Megestrol in Prostate Cancer

[Type here]

Patients: A Randomized Controlled Clinical Trial. Research Journal of Pharmacognosy. 2023; 10(4): 17–29.

47- Fatemeh Hashemi, Ghazaleh HeydariRad, Fatemeh Asadollah. The Effect of Aromatherapy on Anxiety in Mothers with Premature Infants: A Clinical Trial Study. Evidence-Based Care Journal. 2023; 13(2): 24–31.

48- Ghazaleh Heydarirad, Sedigheh Rastegar, Habibbolah Haji-Abdolvahab, Andréa Fuzimoto, et al. Efficacy and Safety of Purslane (*Portulaca oleracea*) for Mild to Moderate Chronic Hand Eczema; A Randomized, Double-blind, Placebo-controlled Clinical Trial. EXPLORE. 2024; 20(3): 401–410.

49- Hamidreza Mirzaei, Mehdi Pasalar, Reyhaneh Gharehgozlou, Rasool Choopani, Alireza Derakhshan, Mozghan Mehri Ardestani, Holger Cramer, Ghazaleh Heydarirad. Effect of Grape-Based Syrup on Cancer-Related Fatigue in Patients with Breast Cancer: A Double-Blind Randomized Clinical Trial: Fatigue. Biomedicine, Health & Behavior. 2024; 12(2): 91-100.

50- Ghazaleh Heydarirad, Hamid Reza Mirzaei, Reyhaneh Gharehgozlou, Judith Buentzel, et al. **Exploring the Effectiveness of Ajwain Cream in Treating Taxane-induced Peripheral Neuropathy in Cancer Patients: A Pilot, Randomised and Double-blind Clinical Trial.** Indian Journal of Palliative Care, Scientific Scholar. 2024; 30(1): 71–76.

51- Ghazaleh Heydarirad, Hamid Reza Mirzaei, Reyhaneh Gharehgozlou, Samira Ghorbanpoor, et al. **Effect of Honey-Lime Spray as Add-on Therapy on Chemotherapy-Induced Xerostomia in Breast Cancer Patients: A Pilot Randomized Double-Blinded Controlled Trial.** Complementary Medicine Research. 2024; 31(2): 133–139.

52- Zohreh Khoshgoftar, Samaneh Tahmasebi Ghorabi, Arian Karimi Rouzbahani, Manijeh Kamran, Ghazaleh Heydarirad, Zahra Goudarzi. **Design, Production and Evaluation of Digital Educational Content Based on DDD-E Model: Depression Treatment in Traditional Persian Medicine.** Traditional And Integrative Medicine. 2024; 9(1): 36–44.

53- Fatemeh Hashemi, Ghazaleh Heydarirad, Fatemeh Asadollah, Lida Nikfarid. **The impact of aromatherapy with Damask rose on the sleep quality of mothers with premature newborns: a quasi-experimental study.** Advances in Traditional Medicine. 2024; 1–9.

54- Hashemi F, Heydarirad G, Asadollah F, Nikfarid L. **The association between brain temperament and anxiety in mothers with premature infants hospitalized in the neonatal intensive care unit (NICU) based on Persian medicine.** Advances in Traditional Medicine. 2024 Dec;24(4):1079-85.

55- Azin Alizadehasl, Mona Malekzadeh Moghani, Hamidreza Mirzaei, Masoumeh Keshvari, Fatemeh Fadaei, Holger Cramer, Mehdi Pasalar, Ghazaleh Heydarirad*, **Cardioprotective Diet to Prevent Anthracycline-Induced Cardiotoxicity in Patients with Breast Cancer: A Randomized Open-Label Controlled Trial,** Journal of Integrative and Complementary Medicine. (2024)

56- Reza Moshfeghinia, Nastaran Salmanpour, Hamed Ghoshouni, Hossein Gharedaghi, Roghayeh Zare, Holger Cramer, Ghazaleh Heydarirad, Mehdi Pasalar, **Ginger for Pain Management in Primary Dysmenorrhea: A Systematic Review and Meta-Analysis,** Journal of Integrative and Complementary Medicine. (2024)

57- Sheikhi Z, Yarmohammadi H, Soltanipur M, Mokhtari-Hesari P, Fahimi S, Montazeri A, Heydarirad G. **Effect of chamomile and olive oils on volume, range of motion, and quality of life in breast cancer-related lymphedema: a randomized controlled trial.** Lymphatic Research and Biology. 2025 Apr 1;23(2):130-6.

58- Alizadeh M, Gorji N, Ghods R, Shirzad M, Vaghasloo MA, Mokaberinejad R, Parvizi MM, Parsa E, Mortaji Z, Heydarirad G, Sharif-Nia H. **Major and Minor Criteria of Heart Mizaj (Temperament)**

[Type here]

Diagnosis from the Perspective of Persian Medicine: An Expert Panel Study. Shiraz E-Medical Journal. 2025;26(26).

- 59- Kouhanjani MF, Keshavarzian O, Kazemian A, Heydarirad G, Ameli V, Pasalar M. **Effectiveness of Herbal Medicine Add-on Treatments for COVID-19: An Updated Systematic Review and Meta-analysis of Clinical Trials.** Shiraz E-Medical Journal. 2025(In Press).
- 60- Nazari V, Keshavarzian O, Pasalar M, Ghasemi S, Mofid B, Hajimehdipoor H, Annabi MA, Heydarirad G. **Evaluating the Efficacy of Barley Water in Alleviating Radiotherapy-Induced Dysuria in Prostate Cancer Patients: A Randomized Placebo-Controlled Trial.** The Prostate. 2025 Oct;85(14):1272-81.
- 61-

Chapters, Books:

Ghazaleh Heydarirad, Hossein Rezaeizadeh. SM Group, a Chapter in the title: “An Evidence-Based Approach to Integrative Oncology (Traditional Herbal Remedies and Complementary Medicine for the Management of Complications in Head and Neck Cancers)”, Online 2017.

Invited Editorials, Commentaries, Reports and Case Studies:

Section editor, Journal of traditional and integrative medicine