

CURRICULUM VITAE

Date of Revision:

Oct, 2025

Name:

Dr. Reza Ilkhani, MD, PhD.



Education:

1987	Diploma of experimental sciences Tehran, Iran.
1999	Doctor of Medicine (M.D) Shahid beheshti University of Medical Sciences, Tehran, Iran
2013	Ph.D. of Traditional Iranian (Persian) Medicine Tehran 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., (...), Kashafrudi, H., Choopani, R.
Research Journal of Pharmacognosy, 2021.
- 7. Explaining the Mizaj Identification Criteria in Diabetic Children Based 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 dys temperaments in Persian Medicine: Sari gastric dys temperament 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