

# Mohammad Mehdi Zarshenas



## PERSONAL INFORMATION

**First name:** Mohammad Mehdi

**Last name:** Zarshenas

**Nationality:** Iranian

**Date of birth:** September 6, 1977

**Marital status:** Married

**Children:** 1

**Sex:** Male

**Mailing address:** Department of Phytopharmaceuticals (Traditional Pharmacy), Faculty of Pharmacy and Pharmaceutical Sciences Research Center, Shiraz University of Medical Sciences and Health Services, P. O. BOX; 71345/1583

**Phone:** (+98)-917-7113491

**Email:** [zarm@sums.ac.ir](mailto:zarm@sums.ac.ir)

[mmzarshenas@gmail.com](mailto:mmzarshenas@gmail.com)

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## EDUCATIONAL BACKGROUND

### **Sabbatical**

**2013 (Nov) -2014 (Feb)**

Department of Pharmacognosy, University of Vienna

- Acetylcholine esterase-inhibitory experimental assessment of endemic Iranian plants
- Relevant course work: Accelerated Solvent Extraction (ASE); Thin Layer Chromatography (TLC); Bioautography, Bioautographic TLC assay; Spectrophotometric quantification; High Performance Counter Current Chromatography (HPCCC)

### **PhD (Traditional Pharmacy)**

**2008-2013**

Department of Traditional Pharmacy and Pharmacognosy, School of Pharmacy, Shiraz University of Medical Sciences, Shiraz, Iran

- Thesis title: *Carum copticum* (L.) Benth. Semisolid Formulation and Clinical Evaluation in Neuropathic Pain
- GPA (18.8/20), equivalent of A+
- Relevant course work: Modern Galenic Formulation; Galenic formulations for Traditional Pharmacy; Quality control for natural products; Phytotherapy; Botany; History of Medicine and Pharmacy; Study of Traditional/ Historical Persian medical and Pharmaceutical manuscripts

### **Doctorate in Pharmacy (Pharm.D)**

**1996-2003**

School of Pharmacy, Shiraz University of Medical Science, Shiraz, Iran

- Thesis title: Esterification of tertiary alcohols in steroids under different conditions
- GPA (16/20), equivalent of B<sup>+</sup>
- Relevant Course work: Pharmaceutical dosage forms (i.e. formulation of creams, emulsions, suspensions and else); Industrial and Physical Pharmacy; Quality control for pharmaceuticals; Herbal medicine; Pharmacognosy; Pharmaceutical Biotechnology; Analytical instrumentation; Pharmacology; Medicinal Chemistry.

### **Diploma (in Experimental Sciences)**

From 1991 to 1995 (Sherafatian highschool, Karimkhan-e Zand Blvd, Shiraz, Iran)

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## ATTENDED WORKSHOPS

- Basics of Traditional Persian Medicine, 2009
  - Medical Journalism, 2010
  - Scientific Writing, 2010
  - Research in Traditional Persian Medicine, 2010
  - How to design and conduct a clinical trial (types and conditions), 2011
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## PUBLICATIONS

1. Zarshenas MM, Mohammadi-Bardbori A. A medieval description of metastatic breast cancer; from Avicenna's view point. *The Breast*. 2017;31:20-1.
2. Hamed A, Sakhteman A, Ahmadi F, Sohrabpour M, Zarshenas M. Authentication and quality control of some polyherbal oils used in Persian Traditional Medicine (PTM). *Research Journal of Pharmacognosy (RJP)*. 2017;4(1):9-22.
3. Doustfatemeh S, Imanieh MH, Mohagheghzade A, Zarshenas MM, Torkamani Z, Yousefi G, et al. The Effect of Black Tea (*Camellia sinensis* (L) Kuntze) on Pediatrics With Acute Nonbacterial Diarrhea A Randomized Controlled Trial. *Journal of evidence-based complementary & alternative medicine*. 2017;22(1):114-9.
4. Zohalinezhad ME, Zarshenas MM. Non-Pharmacological Treatments of Allergic Rhinitis (Neglected Treatments). *Iranian journal of medical sciences*. 2016;41(3 Suppl):S46.
5. Zarshenas MM, Zargar A, Mehdizadeh A, Mohagheghzadeh A. Mansur ibn Ilyas (1380–1422 AD): A Persian anatomist and his book of anatomy, *Tashrih-i Mansuri*. *Journal of medical biography*. 2016;24(1):67-71.
6. Zarshenas MM, Jamshidi S, Zargar A. Cardiovascular aspects of geriatric medicines in traditional Persian medicine; a review of phytochemistry and pharmacology. *Phytomedicine*. 2016.
7. Zarshenas M, Zargar A, Blaschke M. Convenient, Traditional and Alternative Therapies for Cardiovascular Disorders. *Current pharmaceutical design*. 2016.
8. Zargar A, Zarshenas MM. Discovery of the pulmonary circulation in ancient Persia. *European Heart Journal* 2016;37(35):2691.
9. Varamini S, Sakhteman A, Yousefi G, Sepehri M, Faridi P, Zarshenas MM. Volatile composition analysis of five different *Commiphora mukul* (Hook. ex Stocks) Engl. gum samples. *Trends in Pharmaceutical Sciences*. 2016;2(3):219-22.
10. Shahpar B, Moein M, Zarshenas MM. Chemical assessment of eleven Cinnamon aromatic water populations from Fars (Iran) local markets in comparison to a standard sample. *Trends in Pharmaceutical Sciences*. 2016;2(2).

11. Sedigh-Rahimabadi M, Fani M, Rostami-chijan M, Zarshenas MM, Shams M. A Traditional Mouthwash (*Punica granatum* var *pleniflora*) for Controlling Gingivitis of Diabetic Patients A Double-Blind Randomized Controlled Clinical Trial. *Journal of evidence-based complementary & alternative medicine*. 2016;2156587216633370.
12. Samani S, Moein M, Petramfar P, Zarshenas M. Development and assessment of a Gas Chromatographic based method for quantification of thymol from cream based formulation. *Current drug discovery technologies*. 2016.
13. Petramfar P, Moein M, Samani SM, Tabatabaei SH, Zarshenas MM. *Trachyspermum ammi* 10% topical cream versus placebo on neuropathic pain, a randomized, double-blind, placebo-controlled trial. *Neurological Sciences*. 2016;1-7.
14. Niknam F, Azadi A, Faridi P, Tanideh N, Zarshenas MM. Evaluation of possible preventive activity of *Elaeagnus angustifolia* L. against osteoporosis, an in vivo study. *Trends in Pharmaceutical Sciences*. 2016;2(4).
15. Niknam F, Azadi A, Barzegar A, Faridi P, Tanideh N, Zarshenas M. Phytochemistry and Phytotherapeutic Aspects of *Elaeagnus angustifolia* L. *Current drug discovery technologies*. 2016;13(4):199-210.
16. Moein M, Hatam G, Taghavi-Moghadam R, Zarshenas MM. Antileishmanial Activities of Greek Juniper (*Juniperus excelsa* M. Bieb.) Against *Leishmania major* Promastigotes. *Journal of evidence-based complementary & alternative medicine*. 2016;2156587215623435.
17. Moein M, Etemadfard H, Zarshenas MM. Investigation of different Damask rose (*Rosa damascena* Mill.) oil samples from traditional markets in Fars (Iran); focusing on the extraction method. *Trends in Pharmaceutical Sciences*. 2016;2(1):51-8.
18. Zarshenas MM, Ranjbar Farrokhi R, Akhavein M, Reza Kiafar M. A panoramic view of chronic liver diseases and natural remedies reported in Traditional Persian Medicine. *Current pharmaceutical design*. 2016;22(3):350-64.
19. Kolouri S, Firoozabadi A, Salehi A, Zarshenas MM, Dastgheib SA, Heydari M, et al. *Nepeta menthoides* Boiss. & Buhse freeze-dried aqueous extract versus sertraline in the treatment of major depression: A double blind randomized controlled trial. *Complementary therapies in medicine*. 2016;26:164-70.
20. Jafari F, Ghavidel F, Zarshenas MM. A Critical Overview on the Pharmacological and Clinical Aspects of Popular Satureja Species. *Journal of Acupuncture and Meridian Studies*. 2016.
21. Hosseinkhani A, Montaseri H, Hosamo A, Zarshenas M. An Evidence-Based Review on medicinal value of clays in traditional Persian medicine. *Current drug discovery technologies*. 2016.
22. Hosseinkhani A, Falahatzadeh M, Raoofi E, Zarshenas MM. An Evidence-Based Review on Wound Healing Herbal Remedies From Reports of Traditional Persian Medicine. *Journal of evidence-based complementary & alternative medicine*. 2016;2156587216654773.
23. Hosamo A, Zarshenas MM, Mehdizadeh A, Zomorodian K, Khani AH. The Effect of Traditional Treatments on Heavy Metal Toxicity of Armenian Bole. *Iranian journal of medical sciences*. 2016;41(3):S65.

24. Hamed A, Zarshenas MM, Sohrabpour M. Phytochemical assessments of *Astragalus hamosus* pods (Iklil-ul-Malik). *Trends in Pharmaceutical Sciences*. 2016;2(1):77-81.
25. Hamed A, Jamshidzadeh A, Ahmadi S, Sohrabpour M, Zarshenas M. *Salvia macrosiphon* seeds and seed oil: pharmacognostic, anti-inflammatory and analgesic properties. *Research Journal of Pharmacognosy (RJP)*. 2016;3(4):27-37.
26. Ghavidel F, Zarshenas M, Sakhteman A, Gholami A, Ghasemi Y, Faridi P. The effect of different extraction methods on chemical composition profile and pharmacological activities of essential oils and hydrosols. *Planta medica*. 2016;81(S 01):P244.
27. Firoozabadi A, Kolouri S, Zarshenas MM, Salehi A, Mosavat SH, Dastgheib SA. Efficacy of *Nepeta Menthoides* Boiss and Buhse freeze-dried aqueous extract on anxiety of patients with depression: a double-blind randomized controlled clinical trial. *Iranian journal of medical sciences*. 2016;41(3 Suppl):S4.
28. Elahi A, Fereidooni A, Shahabinezhad F, Tafti MA, Zarshenas M-M. An overview of amenorrhea and respective remedies in Traditional Persian Medicine. *Trends in Pharmaceutical Sciences*. 2016;2(1):3-10.
29. Dabaghian F, Khademian S, Azadi A, Zarshenas M. Fingerprints, Pharmaceutical and Radical Scavenging Activity Evaluation of an Alzheimer-Targeted Herbal Preparation. *Iranian journal of medical sciences*. 2016;41(3):S6.
30. Zohalinezhad ME, Zarshenas MM. Rhazes and an Early Case With Possible Hypertensive or Reversible Encephalopathy. *Journal of the History of the Neurosciences*. 2015;24(4):408-10.
31. Zohalinezhad ME, Hosseini-Asl MK, Akrami R, Nimrouzi M, Salehi A, Zarshenas MM. *Myrtus communis* L. Freeze-Dried Aqueous Extract Versus Omeprazol in Gastrointestinal Reflux Disease A Double-Blind Randomized Controlled Clinical Trial. *Journal of evidence-based complementary & alternative medicine*. 2015:2156587215589403.
32. Zarshenas MM, Zargaran A. A review on the Avicenna's contribution to the field of cardiology. *International journal of cardiology*. 2015;182:237-41.
33. Zarshenas MM, Petramfar P, Samani SM, Moein M. A glimpse into the pathophysiology, mechanisms, and management of neuropathic pain. *National Journal of Physiology, Pharmacy and Pharmacology*. 2015;5(3):160-5.
34. Zarshenas MM, Moein M, Zomorodian K, Almasi M, Pakshir K. Preparation and Analysis of *Rosa damascena* essential oil composition and Antimicrobial Activity Assessment of its fractions. *Iranian Journal of Science and Technology (Sciences)*. 2015.
35. Zarshenas MM, Krenn L. A critical overview on *Thymus daenensis* Celak.: phytochemical and pharmacological investigations. *Journal of integrative medicine*. 2015;13(2):91-8.
36. Zarshenas MM, Krenn L. Phytochemical and pharmacological aspects of *Salvia mirzayanii* Rech. f. & Esfand. *Journal of evidence-based complementary & alternative medicine*. 2015;20(1):65-72.
37. Zarshenas M, Krenn L. A critical overview on *Thymus daenensis* Celak.: phytochemical and pharmacological investigations. *J Integr Med*. 2015; 13 (2): 91–98. 2015.
38. Pasalar M, Choopani R, Mosaddegh M, Kamalinejad M, Mohagheghzadeh A, Fattahi MR, et al. Efficacy of Jollab in the Treatment of Depression in Dyspeptic Patients A

Randomized Double-Blind Controlled Trial. *Journal of evidence-based complementary & alternative medicine*. 2015;20(2):104-8.

39. Nowbandegani AS, Kiumarcy S, Rahmani F, Dokouhaki M, Khademian S, Zarshenas MM, et al. Ethnopharmacological knowledge of Shiraz and Fasa in Fars region of Iran for diabetes mellitus. *Journal of ethnopharmacology*. 2015;172:281-7.

40. Nimrouzi M, Zarshenas MM. Management of anorexia in elderly as remarked by medieval Persian physicians. *Acta Medico-Historica Adriatica*. 2015;13(Supplement 2):115-28.

41. Nimrouzi M, Zarshenas MM. Holistic approach to functional constipation: Perspective of traditional Persian medicine. *Chinese journal of integrative medicine*. 2015:1-6.

42. Nimrouzi M, Zarshenas MM. Functional constipation in children: non-pharmacological approach. *J Integr Med*. 2015;13(2):69-71.

43. Nimrouzi M, Sadeghpour O, Imanieh MH, Ardekani MS, Salehi A, Minaei MB, et al. Flixweed vs. Polyethylene Glycol in the Treatment of Childhood Functional Constipation: A Randomized Clinical Trial. *Iranian journal of pediatrics*. 2015;25(2).

44. Moein MR, Zomorodian K, Pakshir K, Yavari F, Motamedi M, Zarshenas MM. *Trachyspermum ammi* (L.) Sprague Chemical Composition of Essential Oil and Antimicrobial Activities of Respective Fractions. *Journal of evidence-based complementary & alternative medicine*. 2015;20(1):50-6.

45. Moein M, Zarshenas MM, Khademian S, Razavi AD. Ethnopharmacological review of plants traditionally used in Darab (south of Iran). *Trends in Pharmaceutical Sciences*. 2015;1(1):39-43.

46. Hamedi A, Ghanbari A, Razavipour R, Saeidi V, Zarshenas MM, Sohrabpour M, et al. *Alyssum homolocarpum* seeds: phytochemical analysis and effects of the seed oil on neural stem cell proliferation and differentiation. *J Nat Med*. 2015;69(3):387-96.

47. Faridi P, Moatamedi M, Zarshenas MM, Abolhassanzadeh Z, Mohagheghzadeh A. Natural remedies in the Canon of Medicine for dentistry and oral biology. *Trends in Pharmaceutical Sciences*. 2015;1(1):4-9.

48. Atarzadeh F, Jaladat AM, Dastgheib L, Kamalinejad M, Amin G, Zarshenas MM. An evidence-based study on medicinal herbs with wound healing properties in pemphigus vulgaris: the viewpoint of traditional Iranian medicine. *Avicenna Journal of Phytomedicine*. 2015;5.

49. Alorizi E, Morteza S, Fattahi MR, Saghebi SA, Salehi A, Rezaeizadeh H, et al. Assessment of the impacts of traditional Persian medical schemes and recommendations on functional chronic constipation compared to a classic medicine lactulose, a randomized clinical trial. *Journal of Complementary and Integrative Medicine*. 2015;12(4):325-31.

50. Zohalinezhad ME, Zarshenas MM. Cardiovascular aspects of erectile dysfunction as outlined by Avicenna. *Int J Cardiol*. 2014;175(2):e33-e4.

51. Zarshenas MM, Samani SM, Petramfar P, Moein M. Analysis of the essential oil components from different *Carum copticum*L. samples from Iran. *Pharmacognosy research*. 2014;6(1):62.

52. Zarshenas MM, Khademian S, Moein M. Diabetes and related remedies in medieval Persian medicine. *Indian journal of endocrinology and metabolism*. 2014;18(2):142.

53. Zarshenas M.. The very early text book of pediatrics: Tadbir-AlSebyān. *Journal of Chinese Integrative Medicine* 2014;12(6):531-2.
54. Zargaran A, Zarshenas MM, Borhani-Haghighi A, Mohagheghzadeh A. A Short Introduction to a 19th Century Persian Book on Pulsology: Naiier Azam. *Journal of Research on History of Medicine*. 2014;3(1 Feb).
55. Petramfar P, Zarshenas MM, Moein M, Mohagheghzadeh A. Management of insomnia in traditional Persian medicine. *Forschende Komplementärmedizin/Research in Complementary Medicine*. 2014;21(2):119-25.
56. Pasalar M, Zarshenas MM, Lankarani KB. Good Digestion is a Key Element for Healthy Hearts: An Appealing Concept from Avicenna's Viewpoint. *Medical Hypothesis, Discovery & Innovation Interdisciplinary Sciences Journal*. 2014;1(1).
57. Nimrouzi M, Sadeghpour O, Imanieh M-H, Shams-Ardekani M, Zarshenas MM, Salehi A, et al. Remedies for children constipation in medieval Persia. *Journal of evidence-based complementary & alternative medicine*. 2014;19(2):137-43.
58. Nimrouzi M, Mahbodi A, Jaladat A-M, Sadeghfard A, Zarshenas MM. Hijamat in Traditional Persian Medicine Risks and Benefits. *Journal of evidence-based complementary & alternative medicine*. 2014:2156587214524578.
59. Moein M, Zarshenas MM, Delnavaz S. Chemical composition analysis of rose water samples from Iran. *Pharmaceutical biology*. 2014;52(10):1358-61.
60. Matzer F, Nagele E, Bahadori B, Dam K, Fazekas C. Stress-Relieving Effects of Short-Term Balneotherapy-a Randomized Controlled Pilot Study in Healthy Adults. *Forschende Komplementärmedizin/Research in Complementary Medicine*. 2014;21(2):105-10.
61. Heydari M, Dalfardi B, Golzari SE, Habibi H, Zarshenas MM. The medieval origins of the concept of hypertension. *Heart views: the official journal of the Gulf Heart Association*. 2014;15(3):96.
62. Firoozabadi A, Zarshenas MM, Salehi A, Jahanbin S, Mohagheghzadeh A. *Journal of Evidence-Based Complementary & Alternative Medicine*. 2014.
63. Firoozabadi A, Zarshenas MM, Salehi A, Jahanbin S, Mohagheghzadeh A. Effectiveness of *Cuscuta planiflora* Ten. and *Nepeta menthoides* Boiss. & Buhse in major depression a triple-blind randomized controlled trial study. *Journal of evidence-based complementary & alternative medicine*. 2014:2156587214557359.
64. Emami M, Nazarinia MA, Rezaeizadeh H, Zarshenas MM. Standpoints of traditional Persian physicians on geriatric nutrition. *Journal of evidence-based complementary & alternative medicine*. 2014;19(4):287-91.
65. Zarshenas MM, Zargaran A, Müller J, Mohagheghzadeh A. Nasal drug delivery in traditional persian medicine. *Jundishapur journal of natural pharmaceutical products*. 2013;8(3):144.
66. Zarshenas MM, Petramfar P, Firoozabadi A, Moein MR, Mohagheghzadeh A. Types of headache and those remedies in traditional persian medicine. *Pharmacognosy reviews*. 2013;7(13):17.
67. Zarshenas MM, Moein M, Samani SM, Petramfar P. An overview on ajwain (*Trachyspermum ammi*) pharmacological effects; modern and traditional. *Journal of Natural Remedies*. 2013;14(1):98-105.

68. Zarshenas MM, Mehdizadeh A. Abkama, the first reported antibiotic in gastritis and infections throughout history. *Pharm Hist (Land)*. 2013;43(2).
69. Zarshenas MM, Arabzadeh A, Tafti MA, Kordafshari G, Zargaran A, Mohagheghzadeh A. Application of herbal exudates in traditional Persian medicine. *Galen Medical Journal*. 2013;1(2):78-83.
70. Zarshenas MM, Abolhassanzadeh Z, Faridi P, Mohagheghzadeh A. Sphygmology of ibn sina, a message for future. *Heart Views*. 2013;14(3):155.
71. Zarshenas M, Hosseinkhani A, Zargaran A, Kordafshari G, Mohagheghzadeh A. Ophthalmic dosage forms in medieval Persia. *Pharmaceutical historian*. 2013;43(1):6-8.
72. Zarshenas M, Badr P, Moein M. Laooq: selective respiratory dosage form used in medieval Persia. *Pharmaceutical historian*. 2013;43(2):34.
73. Zargaran A, Zarshenas MM, Mehdizadeh A, Mohagheghzadeh A. Management of tremor in medieval Persia. *Journal of the History of the Neurosciences*. 2013;22(1):53-61.
74. Zargaran A, Zarshenas MM, Mehdizadeh A, Kordafshari G, Mohagheghzadeh A. Avicenna's Concept of Cardiovascular Drug Targeting in *Medicamenta Cordialia*. *Journal of Research on History of Medicine*. 2013;2(1 Feb).
75. Zargaran A, Zarshenas MM, Karimi A, Yarmohammadi H, Borhani-Haghighi A. Management of stroke as described by Ibn Sina (Avicenna) in the Canon of Medicine. *International journal of cardiology*. 2013;169(4):233-7.
76. Zargaran A, Zarshenas MM, Ahmadi SA, Vessal K. Haly Abbas (949-982 AD). *Journal of neurology*. 2013;260(8):2196.
77. Sabahi Z, Zarshenas MM, Farmani F, Faridi P, Moein S, Moein M. Essential oil composition and in vitro antioxidant activity of ethanolic extract of *Thymus daenensis* Celak from Iran. *Global J Pharmacol*. 2013;7:153-58.
78. Petramfar P, Moein M, Semani S, Zarshenas M. Ajwain 10% o/w cream versus placebo in feet burning; a randomized, double-blind, placebo-controlled trial. *Iranian Journal of Neurology*. 2013;12(1):61.
79. Hosseinkhani A, Zargaran A, Zarshenas M, Mehdizadeh A. Abkama, the first reported antibiotic in gastritis and infections throughout history. *Pharmaceutical historian*. 2013;43(2):39-41.
80. Hamedi A, Zarshenas MM, Sohrabpour M, Zargaran A. Herbal medicinal oils in traditional Persian medicine. *Pharmaceutical biology*. 2013;51(9):1208-18.
81. Emami M, Sadeghpour O, Zarshenas MM. Geriatric management in medieval Persian medicine. *Journal of mid-life health*. 2013;4(4):210.
82. Zarshenas MM, Zargaran A, Abolhassanzadeh Z, Vessal K. Jorjani (1042–1137). *Journal of neurology*. 2012:1-2.
83. Zarshenas MM, Zargaran A, Abolhassanzadeh Z. Article in *Journal of Neurology*· August 2012. 2012.
84. Zarshenas MM, Mehdizadeh A, Zargaran A, Mohagheghzadeh A. Rhazes (865–925 AD). *Journal of Neurology*. 2012:1-2.
85. Zargaran A, Zarshenas M, Mehdizadeh A, Mohagheghzadeh A. Oxymel in medieval Persia. *Pharmaceutical historian*. 2012;42(1):11-3.
86. Zargaran A, Zarshenas M, Hosseinkhani A, Mehdizadeh A. Jawarish, a Persian Traditional Gastrointestinal Dosage Form. *Pharmaceutical historian*. 2012;42(2):24.



87. Zargaran A, Mehdizadeh A, Zarshenas MM, Mohagheghzadeh A. Avicenna (980–1037 AD). *Journal of neurology*. 2012;1-2.
88. Faridi P, Abolhassanzadeh Z, Zarshenas MM, Mohagheghzadeh A. Gout remedies in traditional Iranian medicine (TIM). *Journal of Research on History of Medicine*. 2012;1(4 Nov).
99. Zareshenas MM, Abolhassanzadeh Z, Faridi P, Mohagheghzadeh A. Ibn Sina's treaties on pulsology. *International journal of cardiology*. 2011;146(2):243-4.
90. Vahdani M, Faridi P, Zarshenas MM, Javadpour S, Abolhassanzadeh Z, Moradi N, et al. Major compounds and antimicrobial activity of essential oils from five Iranian endemic medicinal plants. *Pharmacognosy Journal*. 2011;3(22):48-53.
91. Rezaei Z, Zarshenas MM, Khalili A, Khabnadideh S, Jafari MR. Solubility of Cyproterone Derivatives in the Presence of Hydroxypropyl- $\beta$ -Cyclodextrin: Experimental and Molecular Modeling Studies. *Iranian Journal of Pharmaceutical Sciences*. 2010;6(3):185-90.
92. Faridi P, Zarshenas MM, Abolhassanzadeh Z, Mohagheghzadeh A. Collection and storage of medicinal plants in The Canon of Medicine. *Pharmacognosy Journal*. 2010;2(8):216-8.
93. Faridi P, Zarshenas MM. Ibn Sina's book on drugs for cardiovascular diseases. *International journal of cardiology*. 2010;145(2):223.
94. Khabnadideh S, Rezaei Z, Zarshenas MM, Khalili A, Jafari MR, editors. Solubility of Cyproterone Derivatives in the Presence of Hydroxypropyl- $\beta$ -Cyclodextrin: Experimental and Molecular Modeling Studies. *Iranian Journal of Pharmaceutical Sciences*. 2010;6(3):185-90
95. Rezaei Z, Khabnadideh S, Zarshenas M, Jafari M. Esterification of tertiary alcohols in steroids under different conditions. *Journal of Molecular Catalysis A: Chemical*. 2007;276(1):57-61.

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#### PRESENCE IN SCIENTIFIC MEETINGS (Out of 20)

- 1- Zohreh Abolhassanzadeh, **Mohammad M. Zarshenas**, Abdolali Mohagheghzadeh, Introduction to *Qarabadhin Manzooom fi Tibb* as a pharmacological literature in verse. 5th International congress of the International society for the History of Islamic Medicine. 25-28 October, 2010, Istanbul, Turkey (Oral presentation).
- 2- P. Faridi, **Mohammad M. Zarshenas**, H. Niknahad, S. Khademian, A. Naghavi, A. Mohagheghzadeh. Traditional Uses of Medicinal Plants from Khonj (Iran). International Medical and Aromatic Plants Symposium 2010 and 2<sup>nd</sup> Iranian Phytochemistry Seminar. 21-23 June, 2010, Shiraz, Iran (Poster presentation).

- 3- **Mohammad M. Zarshenas**, P. Faridi, H. Niknahad, S. Khademian, A. Naghavi, A. Mohagheghzadeh. Traditional Uses of Medicinal Plants from Shiraz (Iran). International Medical and Aromatic Plants Symposium 2010 and 2<sup>nd</sup> Iranian Phytochemistry Seminar. 21-23 June, Shiraz, Iran (Oral presentation).
  - 4- **Mohammad M. Zarshenas**, Amir Azizi, Hossein Bam Farahnak, Abdolali Mohagheghzadeh, Tongue Diagnosis of Disease and Temperament in Traditional Persian Medicine (A Pilot Study). 3-5 March, 2009, The First National Congress on Medical Culture and Heritage of Islam & Iran, Tehran, Iran (Poster presentation-Persian).
  - 5- **Mohammad M. Zarshenas**, Abdolali Mohagheghzadeh, Types and Treatments of Headache in Persian and Islamic Medicine. 5<sup>th</sup> International congress of the International society for the History of Islamic Medicine. 25-28 October, 2010, Istanbul, Turkey (Oral presentation).
  - 6- Hosseinkhani A, Zargaran A, **Mohammad M. Zarshenas**, Mehdizade A. Abkama a traditional dosage form as a source for novel drug discovery. 4<sup>th</sup> International Conference on Drug Discovery and Therapy. 4<sup>th</sup> International Conference on Drug Discovery and Therapy. UAE 2012. (Podia Presentation).
  - 7- **Mohammad M. Zarshenas**, Mohagheghzadeh Abdolali. Nasal Drug Delivery in traditional Persian Medicine. 40<sup>th</sup> International Congress of the History of Pharmacy. Germany 2011. (Oral Presentation)
  - 8- Mahmoodreza Moein, **Mohammad M. Zarshenas**, Zahra Sabahi, Soheila Moein. Essential Oil Composition and Invitro Antioxidant Activity of Ethanolic Extract of Thymus daenensis from Iran. International Congress on Aromatic and Medicinal Plants. Cagliari, Italy, 2011 (Poster presentation).
  - 9- **Mohammad M. Zarshenas**, Mohammad Mehdi. Esfahani. Health Protocols on Age, Sex and Body in Traditional Persian Medicine. 2<sup>nd</sup> Seminar of Islamic Medicine. 25 February, 2010, Shiraz, Iran (Poster presentation- Persian).
  - 10- **Mohammad M. Zarshenas**, Parmis Badr, Mahmoodreza Moein. Laooq: Selective Respiratory Dosage Form Used in Medieval Persia. National Congress on Medicinal Plants. 16-17 May 2012, Kish Island, Iran (Poster Presentation).
  - 11- Arman Zargaran, **Mohammad M. Zarshenas**, Alireza Mehdizadeh, Abdolali mohagheghzadeh. Tremor Management in Medieval Persia. 17<sup>th</sup> Annual Meeting of the International Society for the History of Neuroscience (ISHN), 19-23 June 2012, Venice, Italy (Poster presentation).
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## LABORATORY SKILLS AND LITERATURE STUDIES

### **Analytical Techniques:**

GC-MS, GC-FID, TLC, PLC, Column chromatography, HPTLC, HPCCC, UV, Microplate assay, Bioautographic TLC assay

### **Pharmaceutical and Pharmacognosy Techniques:**

Galenic formulations of traditional and modern pharmaceuticals including preparation of tablets, capsules, creams, syrups and suppositories, Different antimicrobial tests, Different methods of extraction, purification and analysis of natural compound.

### **Ethnopharmacology:**

Ethnopharmacological study of Iranian endemic plants specially those related to Fars province, expertise in collection of medicinal plants in related fields

### **Clinical Trial:**

Design, sampling and conducting of a clinical trial

### **Synthesis of chemicals:**

Synthesis of steroid derivatives

### **Literature study:**

Traditional medical and pharmaceutical literatures in Arabic or Persian language

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## PROFESSIONAL DEVELOPMENT

- Iranian Society of pharmaceutical Sciences, Member since 2002
  - International Society for the History of the Neurosciences (ISHN), Member since 2012
  - The Medical Council of the Islamic Republic of Iran, Member since 2003
  - The Iranian Society of Pharmacognosy, Member since 2012
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## SCORES

- Highest score during PhD courses
- Highest score in PhD board exam

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## TEACHING EXPERIENCES AND SCIENTIFIC CONSULTATION

- Principles of Iranian Traditional Medicine:  
Assigned short-term class projects and held office hours for a one on one tutoring of students, conducted student evaluation via theoretical and practical examination.
  - Iranian Traditional pharmacy and pharmaceutical methods for traditional formulations (Galenics for traditional pharmaceutical dosage forms):  
Lectured to second year PhD students in traditional pharmacy and medicine.
  - Herbal Medicine:  
Lectured to a class size of 60 students in the School of Pharmacy (two years of experience). Responsibilities included preparing lectures and presentations, assigned short-term class projects
  - Traditional Persian Manuscripts (Using the Pharmacy and Medicine subjects for investigation):  
Assigned short-term class projects and held office hours for a one on one tutoring of students, conducted student evaluation via theoretical and practical examination.
  - Thesis advisor:  
Undergraduate students of Pharmacy
  - Scientific consultation:  
In herbal products and drug discovery for Essence of Parsyan wisdom institute and Ahoora Daru Company
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## REFERENCES

- Mahmoodreza Moein (Associated Professor)  
Role: Major Research advisor for PhD, Head of the Department of Pharmacognosy, School of Pharmacy, Shiraz University of Medical Sciences, Shiraz, Iran, Email: [mrmoein@sums.ac.ir](mailto:mrmoein@sums.ac.ir)
- Abdolali Mohagheghzadeh (Professor)  
Role: Head of the Department of Traditional Pharmacy, School of Pharmacy, Shiraz University of Medical Sciences, Shiraz, Iran, Email: [mohaghegh@sums.ac.ir](mailto:mohaghegh@sums.ac.ir)
- Soliman Mohammadi Samani (Professor)  
Role: Co-research advisor for PhD, Dean of School of Pharmacy, Shiraz University of Medical Sciences, Shiraz, Iran, Email: [smsamani@sums.ac.ir](mailto:smsamani@sums.ac.ir)
- Peyman Petramfar (Associated Professor)

Role: Co-research advisor for PhD, Head of Shiraz Shahid Faghihi Hospital, Shiraz,  
Iran, Email: [petramfar@sums.ac.ir](mailto:petramfar@sums.ac.ir)