

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

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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⁺
- 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)

PUBLICATIONS (Alphabetical)

- Akbarialiabad, Hossein, Mohammad D Dahroud, Mohammad M Khazaei, Saeed Razmeh, and Mohammad M Zarshenas. 2021. 'Green tea, a medicinal food with promising neurological benefits', *Current neuropharmacology*, 19: 349-59.
- Alorizi, Seyed Morteza Emami, Mohammad Reza Fattahi, Seyed Ahmad Saghebi, Alireza Salehi, Hossein Rezaeizadeh, Majid Nimrouzi, and Mohammad M Zarshenas. 2015. '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*, 12: 325-31.
- Ansari, R, A Dadbakhsh, F Hasani, F Hosseinzadeh, Z Abolhassanzadeh, and MM Zarshenas. 2020. 'Traditional aspects to sciatic pain and allied therapies from Persian medical reports', *Current Drug Discovery Technologies*.
- Ansari, Ramin, Amirhossein Dadbakhsh, Fatemeh Hasani, Fatemeh Hosseinzadeh, Zohreh Abolhassanzadeh, and Mohammad M Zarshenas. 2021. 'Traditional Aspects of Sciatic Pain Management and Allied Therapies from Persian Medical Reports', *Current Drug Discovery Technologies*, 18: 194-206.
- Ansari, Ramin, Mohammad M Zarshenas, and Amir H Dadbakhsh. 2019. 'A Review on Pharmacological and Clinical Aspects of *Linum usitatissimum* L', *Current Drug Discovery Technologies*, 16: 148-58.
- Arabzadeh, Atefeh, Mehdi Ajdari Tafti, and Mohammad M Zarshenas. 2014. 'The very early textbook of pediatrics: Tadbir-Al-Seby 修 n'.
- Atarzadeh, Fatemeh, Amir Mohammad Jaladat, Ladan Dastgheib, Mohammad Kamalinejad, Gholamreza Amin, and Mohammad M Zarshenas. 2015. 'An evidence-based study on medicinal herbs with wound healing properties in pemphigus vulgaris: the viewpoint of traditional Iranian medicine', *Avicenna Journal of Phytomedicine*, 5.
- Baharvand-Ahmadi, Babak, Mahmoud Rafieian-Kopaei, Mohammad Zarshenas, and Mahmoud Bahmani. 2015. 'Contrasting actions of various antioxidants on hyperlipidemia: a review and new concepts', *Der Pharmacia Lettre*, 7: 81-88.
- Baranifard, M, MM Khazaei, S Jamshidi, MM Zarshenas, and A Zargarani. 2017. 'A critical comparison between dosage forms in traditional Persian pharmacy and those reported in current pharmaceutical sciences', *Research Journal of Pharmacognosy*, 4: 67-74.
- Chaijan, Mahsa Rostami, Farhad Handjani, Mohammadmehdi Zarshenas, Massih Sedigh

- Rahimabadi, and Ali Tavakkoli. 2018. 'The myrtus communis L. solution versus ketoconazole shampoo in treatment of dandruff: A double blinded randomized clinical trial', *Journal of the Pakistan Medical Association*, 68: 715-20.
- Dabaghian, Farid, Amir Azadi, Mahnaz Setooni, and Mohammad M Zarshenas. 2017. 'An overview on multi-ingredient memory enhancers and anti-Alzheimer's formulations from traditional Persian pharmacy', *Trends in Pharmaceutical Sciences*, 3: 215-20.
- Dabaghian, Farid, Sedigheh Khademian, Amir Azadi, and Mohammad Zarshenas. 2016. 'Fingerprints, pharmaceutical and radical scavenging activity evaluation of an Alzheimer-targeted herbal preparation', *Iranian Journal of Medical Sciences*, 41: S6.
- Dabaghian, Farid, Mahnaz Khanavi, and Mohammad M Zarshenas. 2020. 'Bioactive compounds with possible inhibitory activity of Angiotensin-Converting Enzyme-II; a gate to manage and prevent COVID-19', *Medical hypotheses*, 143: 109841.
- Doustfatemeh, Sareh, Mohammad Hadi Imanieh, Abdolali Mohagheghzade, Mohammad M Zarshenas, Zahra Torkamani, Gholamhossein Yousefi, Saman Farahangiz, and Alireza Salehi. 2017. '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*, 22: 114-19.
- Elahi, Abdolmajid, Aref Fereidooni, Farbod Shahabinezhad, Mehdi Ajdari Tafti, and Mohammad-Mehdi Zarshenas. 2016. 'An overview of amenorrhea and respective remedies in Traditional Persian Medicine', *Trends in Pharmaceutical Sciences*, 2: 3-10.
- Emami, Morteza, Mohammad Ali Nazarinia, Hussein Rezaeizadeh, and Mohammad M Zarshenas. 2014. 'Standpoints of traditional Persian physicians on geriatric nutrition', *Journal of evidence-based complementary & alternative medicine*, 19: 287-91.
- Emami, Morteza, Omid Sadeghpour, and Mohammad M Zarshenas. 2013. 'Geriatric management in medieval Persian medicine', *Journal of mid-life health*, 4: 210.
- Faridi, Pouya, Zohreh Abolhassanzadeh, Mohammad M Zarshenas, and Abdolali Mohagheghzadeh. 2012. 'Gout remedies in traditional Iranian medicine (TIM)'.
Journal of Evidence-Based Complementary and Alternative Medicine, 17: 114-19.
- Faridi, Pouya, Milad Moatamedi, Mohammad M Zarshenas, Zohreh Abolhassanzadeh, and Abdolali Mohagheghzadeh. 2015. 'Natural remedies in the Canon of Medicine for dentistry and oral biology', *Trends in Pharmaceutical Sciences*, 1: 4-9.
- Faridi, Pouya, and Mohammad M Zarshenas. 2010. 'Ibn Sina's book on drugs for cardiovascular diseases', *International journal of cardiology*, 145: 223.
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- Fattahi, Mohammad Reza, Seyed Morteza Emami Alorizi, Majid Nimrouzi, Mohammad M Zarshenas, and Mohammad Mahdi Parvizi. 2017. 'A randomized clinical trial on treatment of chronic constipation by traditional persian medicine recommendations compared to allopathic medicine: A pilot study', *International journal of preventive medicine*, 8.
- Feyzabadi, Zohre, Fariba Ghorbani, Yasaman Vazani, and Mohammad M Zarshenas. 2017. 'A critical review on phytochemistry, pharmacology of Viola odorata L. and related multipotential products in traditional Persian medicine', *Phytotherapy Research*, 31: 1669-75.
- Firoozabadi, Ali, Sepideh Kolouri, Mohammad M Zarshenas, Alireza Salehi, Seyed Hamdollah Mosavat, and Seyed Ali Dastgheib. 2016. '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*, 41: S4.
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- Jalali, Atefeh, Mohammadreza Kiafar, Masih Seddigh, and Mohammad M Zarshenas. 2021. 'Punica granatum as a Source of Natural Antioxidant and Antimicrobial Agent: A Comprehensive Review on Related Investigations', *Current Drug Discovery Technologies*, 18: 207-24.
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PRESENCE IN SCIENTIFIC MEETINGS (Out of 20)

- 1- Zohreh Abolhassanzadeh, **Mohammad M. Zarshenas**, Abdolali Mohagheghzadeh, Introduction to *Qarabadhin Manzoom 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 2nd 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 2nd 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. 5th International congress of the International society for the History of Islamic Medicine. 25-28 October, 2010, Istanbul, Turkey (Oral presentation).
- 6- Hosseinkhani A, Zargarani A, **Mohammad M. Zarshenas**, Mehdizade A. Abkama a traditional dosage form as a source for novel drug discovery. 4th International Conference on Drug Discovery and Therapy. 4th International Conference on Drug Discovery and Therapy. UAE 2012. (Podia Presentation).
- 7- **Mohammad M. Zarshenas**, Mohagheghzadeh Abdolali. Nasal Drug Delivery in traditional Persian Medicine. 40th 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 In vitro 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. 2nd 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. 17th Annual Meeting of the International Society for the History of Neuroscience (ISHN), 19-23 June 2012, Venice, Italy (Poster presentation).
-

LABORATORY SKILLS AND LITERATURE STUDIES

Analytical Techniques:

GC-MS, GC-FID, TLC, PLC, Column chromatography, HPTLC, HPLC, 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.

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

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

SCORES

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

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

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Role: Head of the Department of Traditional Pharmacy, School of Pharmacy, Shiraz University of Medical Sciences, Shiraz, Iran, Email: 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

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