

## Personal Details

Roshanak Ghods

**Academic title:** Associate Professor, faculty member of IUMS

**Date of Birth:** 30.9.1975

**Marital status:** Single

**Place of Birth:** Tehran, Iran

**Place of work:** Department of Persian Medicine, School of Persian Medicine, Iran University of Medical Sciences (IUMS), Tehran, Iran

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## Education and Qualifications

- **MBA intensive course (August 2017-August 2018)**
- **PhD in Persian Medicine (PM), (2010-2014)**

Faculty of Traditional Medicine, Iran University of Medical Science(IUMS), Tehran, Iran

- **M.D. or Medical doctorate, (1994-2001)**

Faculty of Medicine, Rafsanjan University of Medical Science(RUMS), Tehran, Iran

- **Diploma in Mathematics and Physics, (1989-1993)**

Nasr High School, Tehran, Iran

## Memberships

- Editorial board member of Plant Biotechnology Persa journal, 2019- present
- Deputy of Editor-in- chief of Traditional medicine research, Apr 2019-present
- Editorial board member of Acta Scientific Pharmaceutical Sciences Journal, May 2018-present
- Member of Strategic Council of Persian Medicine, 2017- present
- Editorial board member of Journal of Islamic and Iranian Traditional Medicine, 2015- present
- Member of Iranian Academy of Science, Hikmat, Islamic and Traditional Medicine group, 2015-present
- Member of textbook of Traditional Medicine editors- deputy of Traditional Medicine- Ministry of health, treatment and medical education- July 2015-present
- Member of board of directors of Iranian Traditional Medicine Association-January 2015-2016
- Editorial board member of Complementary Medicine Journal, 2015-present
- Member of Gifted and talented students center of Iran University of Medical Sciences-October 2013-present
- Member of Gifted and talented students center of Tehran University of Medical Sciences-August 2012-september 2012
- Member of Iranian Traditional Medicine Association- March 2012-present
- Member of IT panel for designing a comprehensive scientific map in health field-February 2008-March2008

- Member of Medical Council of Islamic Republic of Iran- 2004- March 2010

## Work Experiences

1. Dean of School of Traditional Medicine of Iran University of Medical sciences - July 2015- October 2017.
2. Chief of the office of “Excellence and Development of Traditional Medicine of Iran University of Medical Sciences”- July 2015-present
3. President of Research Institute for Islamic and Complementary Medicine, Iran University of Medical Sciences- April 2015- October 2017.
4. Director of administrative affairs, international relations in Iranian Traditional Medicine Society- April 2015-present
5. Supervisor of interdisciplinary studies field (Philosophy of Medicine) of the 7th National Medical Students’ Olympiad, Gifted and talented students center, Iran University of Medical Sciences. March 2015-present
6. Director of expert committee, disciplinary deputy office, Medical Council of Iran – December2007- March 2009
7. Executive manager and editor of Scientific Journal of Medical Council of Iran-January2006- December 2007

## Research field

- Hypertension from the viewpoint of the Persian Medicine
- Cardiovascular diseases (hypertension and palpitation) from the viewpoint of PM
- Diabetes treatments from the viewpoint of PM
- Wet cupping, Leech therapy

## Research projects and Publications

1. **Herbal Remedies for Acne Vulgaris from the Viewpoint of Persian Medicine**, Iranian Journal of Public Health, 2020
2. **Effects of Valeriana officinalis (Valerian) on tension-type headache: A randomized, placebo-controlled, double-blind clinical trial**, Avicenna Journal of Phytomedicine ,2020
3. **Complications of leech therapy**, Avicenna Journal of Phytomedicine ,2020
4. **Effect of Cedar (*Ziziphus spina-christi*) topical solution in mild to moderate acne vulgaris: a randomized clinical study**, Journal of Dermatological Treatment, 2019
5. **A New Outlook on Hypertension (Avicenna's viewpoints)**, Crescent Journal of Medical and Biological Sciences, 2019
6. **A Case Report of Treating Femur Head Necrosis Applying Persian-Medicine**, Crescent Journal of Medical and Biological Sciences, 2019
7. **Leech therapy indications: a scoping review**, Traditional medicine research (TMR), 2019
8. **The organizational culture of Iran University of Medical Sciences from the viewpoint of faculty members**, Medical Journal of The Islamic Republic of Iran (MJIRI),2019

9. **The effect of a kind of whey protein (Ma'oljobon) on Insomnia: A randomized clinical trial**, Complementary Therapies in Clinical Practice, 2019
10. **Effect of Zataria multiflora on fatty liver disease**. Complementary therapies in medicine, 2019
11. **Adherence to Treatment in Diabetic Patients and Its Affecting Factors**, Pajouhan Scientific Journal, 2018
12. **The Role of Body Organs in Cardiac Health from the Viewpoint of Avicenna**. Traditional and Integrative Medicine, 2018
13. **Are Traditional Medicine and Phytotherapy the Same**, Acta Scientific Pharmaceutical Sciences, 2018
14. **Herbal Remedies for Acne Vulgaris from the Viewpoint of Persian Medicine**, Iranian Journal of Public Health (Accepted article),2018
15. **A review study on pharmacological activities, chemical constituents, and traditional uses of Echium amoenum**, Pharmacognosy Reviews, 2018
16. **Effect of Onopordon acanthium L. as Add on Antihypertensive Therapy in Patients with Primary Hypertension Taking Losartan: a Pilot Study**, Advanced pharmaceutical bulletin, 2018
17. **Abu-Sahl al-Masihi (died circa 1010 AD): The Persian physician in the early medieval era**, Journal of medical biography, 2018
18. **Antioxidant activity and phenolic and flavonoid contents of the extract and subfractions of Euphorbia splendida Mobayen**, Pharmacognosy research, October 2017
19. **Comparison of quince with vitamin B6 for treatment of nausea and vomiting in pregnancy: a randomised clinical trial**, Journal of Obstetrics and Gynaecology, Jun 2017
20. **Anatomical Features of the Inter scapular Area Where Wet Cupping Therapy Is Done and Its Possible relation to Acupuncture Meridians**, Journal of Acupuncture and Meridian Studies, Dec 2016 (selected as featured article)
21. **Medicinal Herbs In Iranian Traditional Medicine For Learning And Memory**, African Journal of Traditional, Complementary and Alternative medicines, 2016
22. **Adherence to prescribed medications of Iranian traditional medicine in a group of patients with chronic disease**, Journal of Research in Pharmacy Practice, January 2016
23. **Evaluation of Patient Satisfaction with Medical Services at Traditional Iranian Medicine Clinics in Tehran**, Journal of Patient Safety & Quality Improvement, 2016
24. **A macroscopic examination of urine in traditional medicine compared to the microscopic examination in conventional medicine**, Avicenna Journal of Phytomedicine, October 2015
25. **Hypertension from the Perspective of Iranian Traditional Medicine**, Iranian Red Crescent Medical Journal,2014
26. **Probable etiology of Hypertension according to the Iranian Traditional Medicine**, Iranain Journal of Public Health,2014
27. PhD thesis entitled “**Assessment the hypotensive effect of an Iranian Traditional Medicine recommended herbal medicine on EHT in patients taking losartan**” by achieving top grade: 19.6(2012-2013)
28. MD thesis entitled, “**Prevalence of Religious Rituals in the Addicts Compared to the Normal Population of Rafsanjan**” by achieving top grade(19.75), 2000-2001

29. Correction, research and edition of “**Canon of Medicine**” (Book 1, Part 1, Thesis I to VI, written by: Avicenna), 2013
30. Correction, research and edition of “**Small Cannon**” (Chaghmini’s Qanounchah) translated by: Shams-Ibn-Hassan Monajjem, 2013
31. Participation as a referee in correcting and evaluating of the valuable book “**Mofareh-al-gholoub**”, 2012