

Personal Details

Roshanak Ghods

Academic title: Associate Professor, faculty member of IUMS

Date of Birth: 30.9.1975

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

- **Certificate of completion of 433 hrs. training course of Acupuncture (Sep.2019- Apr.2021)**
Faculty of Traditional Medicine, Iran University of Medical Science(IUMS), Tehran, Iran
- **MBA intensive course (August 2017-August 2018)**
Faculty of Entrepreneurship, Tehran University of Medical Science(IUMS), Tehran, Iran
- **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), Rafsanjan, Iran
- **Diploma in Mathematics and Physics, (1989-1993)**
Nasr High School, Tehran, Iran

Memberships

- Advisory group member of WHO traditional medicine, April 2023-April 2024
- Editorial board member of Plant Biotechnology Persa journal, 2019- 2020
- Deputy of Editor-in- chief of Traditional medicine research, Apr 2019-2021
- Editorial board member of Traditional medicine research, Apr 2019-2022
- Editorial board member of Acta Scientific Pharmaceutical Sciences Journal, May 2018-2019
- Member of Strategic Council of Persian Medicine, 2017- 2018
- 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 2015-2016
- 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- present

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 2015-2017
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 2015-2017
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 2015-2016
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
- Design of standard diagnostic equipment on the basis of Persian medicine principals
- Diabetes treatments from the viewpoint of PM
- Wet cupping, Leech therapy

Language skill

- Persian (Native)
- English (Medium)
- Urdu (Medical texts)
- Arabic (Medical texts)

Researches (Articles)

1. **WHO’s new vision for traditional medicine**, The Lancet, 2023

2. **Evidence-based traditional medicine for transforming global health and well-being**, International Journal of Ayurveda Research, 2023
3. **A Novel Pulse-Taking Device for Persian Medicine Based on Convolutional Neural Networks**, Journal of Medical Signals & Sensors,2022
4. **Thermal image-based temperament classification by genetic algorithm and adaboost classifier**, Journal of Medical Signals & Sensors,2022
5. **A Telecare System for Use in Traditional Persian Medicine**, The Open Biomedical Engineering Journal, 2021
6. **The Efficacy of *Rosa damascena* on Liver Enzymes in Nonalcoholic Fatty Liver Disease: A Randomized Double-Blind Clinical Trial**, Evidence-Based Complementary and Alternative Medicine,2021
7. **The Efficacy of *Plantago major* Seed on Liver Enzymes in Nonalcoholic Fatty Liver Disease: A Randomized Double-Blind Clinical Trial**, Evidence-Based Complementary and Alternative Medicine,2021
8. ***Rhus coriaria* L., a new candidate for controlling metabolic syndrome: a systematic review**, Journal of Pharmacy and Pharmacology,2021
9. **The Effects of Artemisia Plant and Its Components Against Respiratory Viruses Like Influenza and Their Mechanisms of Action**, Jundishapur Journal of Natural Pharmaceutical Products, 2021
10. **Evaluation of the effect of silver nanoparticles on OLN-93 oligodendroglial cells**, Physiology and Pharmacology,2021
11. **A Case Report of Treating Femur Head Necrosis Applying Persian-Medicine**, Crescent Journal of Medical and Biological Sciences, 2021
12. **A pulse taking device for Persian medicine based on Convolutional Neural Network**, 2020 27th National and 5th International Iranian Conference on Biomedical engineering, 2020 (selected as top paper)
13. **A Randomized, Triple-Blind, Placebo-Controlled, Add-On Clinical Trial to Evaluate the Efficacy of *Emblica officinalis* in Uncontrolled Hypertension**, Evidence-Based Complementary and Alternative Medicine,2020
14. **Mini - CEX method: A successful educational experience for evaluation of clinical skills in Persian Medicine PhD students**, Journal of Islamic and Iranian Traditional Medicine,2020
15. **A hierarchical classification of dry/wet Mizaj (Temperament) using thermal imaging**, Journal of Islamic and Iranian Traditional Medicine,2020
16. **Herbal Remedies for Acne Vulgaris from the Viewpoint of Persian Medicine**, Iranian Journal of Public Health, 2020
17. **Effects of *Valeriana officinalis* (Valerian) on tension-type headache: A randomized, placebo-controlled, double-blind clinical trial**, Avicenna Journal of Phytomedicine ,2020
18. **Complications of leech therapy**, Avicenna Journal of Phytomedicine ,2020
19. **Effect of Cedar (*Ziziphus spina-christi*) topical solution in mild to moderate acne vulgaris: a randomized clinical study**, Journal of Dermatological Treatment, 2019
20. **A New Outlook on Hypertension (Avicenna's viewpoints)**, Crescent Journal of Medical and Biological Sciences, 2019
21. **Research trend of Persian medicine based on the PubMed database, 2015 -2019**. Current Traditional Medicine,2020

22. **Management of Hypertension Based on Temperament Concept in Persian Medicine**, Complementary Medicine Journal,2019
23. **The effect of a kind of whey protein (Ma'oljobon) on Insomnia: A randomized clinical trial**, Complementary Therapies in Clinical Practice, 2019
24. **Effect of *Zataria multiflora* on fatty liver disease**. Complementary therapies in medicine, 2019
25. **Effect of a Persian medicine preparation, Ma'aljobon, on constipation in patients with hypertension**, Journal of research in medical sciences,2019
26. **Effect of Cedar (*Ziziphus spina-christi*) topical solution in mild to moderate acne vulgaris: a randomized clinical study**, Journal of Dermatological Treatment,2019
27. **Investigation on the Chronic Tension-Type Headache from the Persian Medicine Point of View**, Galen Medical Journal.2019
28. **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
29. **Leech therapy indications: a scoping review**, Traditional medicine research (TMR), 2019
30. **Adherence to Treatment in Diabetic Patients and Its Affecting Factors**, Pajouhan Scientific Journal, 2018
31. **The Role of Body Organs in Cardiac Health from the Viewpoint of Avicenna**. Traditional and Integrative Medicine, 2018
32. **Are Traditional Medicine and Phytotherapy the Same**, Acta Scientific Pharmaceutical Sciences, 2018
33. **A review study on pharmacological activities, chemical constituents, and traditional uses of *Echium amoenum***, Pharmacognosy Reviews, 2018
34. **Effect of *Onopordon acanthium* L. as Add on Antihypertensive Therapy in Patients with Primary Hypertension Taking Losartan: a Pilot Study**, Advanced pharmaceutical bulletin, 2018
35. **Heart history taking and physical examination from the perspective of Persian medicine**, Journal of Islamic and Iranian Traditional Medicine,2018
36. **Abu-Sahl al-Masihi (died circa 1010 AD): The Persian physician in the early medieval era**, Journal of medical biography, 2018
37. **Comparison of quince with vitamin B6 for treatment of nausea and vomiting in pregnancy: a randomized clinical trial**, Journal of Obstetrics and Gynecology, 2017
38. **Antioxidant activity and phenolic and flavonoid contents of the extract and subfractions of *Euphorbia splendida* Mobayen**, Pharmacognosy research, 2017
39. **Investigating the Causes of Heart Failure based on Persian Medicine Point of View**, Journal of Babol University of Medical Sciences, 2017
40. **Quantitative and qualitative assessment of persian medicine articles indexed in pubmed by the end of 2015**. Journal of Babol University of Medical Sciences, 2017
41. **Shera (Urticaria) and Mashera (Angioedema) in Traditional Iranian Medicine**, Journal of Islamic and Iranian Traditional Medicine, 2017
42. **Semiology and management of heart failure according to Traditional Persian Medicine views**, Complementary medicine journal of faculty of nursing & midwifery, 2017
43. **A case of portal vein thrombosis and its cure by Iranian traditional medicine**, Complementary medicine journal of faculty of nursing & midwifery, 2017

44. **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, 2016 (selected as top article by journal)
45. **Effects of Wet Cupping on Blood Components Specially Skin-Related Parameters of Healthy Cases: A Case Control Metabonomic Study**, Journal of Skin and Stem Cell.2016
46. **Adherence to prescribed medications of Iranian traditional medicine in a group of patients with chronic disease**, Journal of Research in Pharmacy Practice, 2016
47. **Medicinal Herbs In Iranian Traditional Medicine For Learning And Memory**, African Journal of Traditional, Complementary and Alternative medicines, 2016
48. **Evaluation of Patient Satisfaction with Medical Services at Traditional Iranian Medicine Clinics in Tehran**, Journal of Patient Safety & Quality Improvement, 2016
49. **A macroscopic examination of urine in traditional medicine compared to the microscopic examination in conventional medicine**, Avicenna Journal of Phytomedicine, 2015
50. **Management of mind perturbation effect on infertile couples from iranian traditional medicine point of view**, International congress of complementary and alternative medicine,2015
51. **Probable etiology of Hypertension according to the Iranian Traditional Medicine**, Iranian Journal of Public Health,2014
52. **Hypertension from the Perspective of Iranian Traditional Medicine**, Iranian Red Crescent Medical Journal,2014
53. **A rapid overview on the causes of hypertension and relationship between Imtila and hypertension in Iranian Traditional Medicine**, Journal of Medical History, 2014

Publications (Books)

1. **Clinical guideline for diagnosis and treatment of hypertension in Persian medicine**, 2022
2. **A comprehensive book on hypertension from the perspective of Persian medicine and conventional medicine**, along with the first diagnostic and therapeutic guidelines of hypertension in Persian medicine and the introduction of medicinal plants and herbal products effective in hypertension and their common complications and interactions, 2022 (Selected as top book of the third Persian medicine festival, Ministry of Health and Medical Education, Tehran-Iran, 2023)
3. **Nature (Tabi'at), supreme planner angel of the body**,2021
4. **Persian Medicine Textbook: Based on Evidence**, 2017
5. **Persian medicine through the lens of articles: Scientometrics of English articles published in Persian medicine, until the end of 2015**, 2017
6. **Hijamat (wet-cupping) therapy in Persian medicine; Mechanisms, indications, and its adverse events**, 2017
7. PhD thesis entitled: **"Assessment the hypotensive effect of an Iranian Traditional Medicine recommended herbal medicine on EHT in patients taking losartan"**, (2012-2013)
8. MD thesis entitled: **"Prevalence of Religious Rituals in the Addicts Compared to the Normal Population of Rafsanjan"**, 2000-2001
9. Correction, research and edit of **"Canon of Medicine"** (Book 1, Part 1, Thesis I to VI), 2013
10. Correction, research and edit of **"Small Cannon"** (Chaghmini's Qanounchek), 2013

11. Book review of the valuable old manuscript named “**Mofareh-al-gholoub**”, 2012

Patents

- 1- A system based on Pulsegram and thermal images for detecting temperament in Persian medicine-** March 2021
- 2- Urine indices measuring device based on Persian medicine using optical spectrophotometry-** May 2020

Awards

- Selected as the winner of the Best Book category in the 3rd Iranian Medicine Festival, Ministry of Health, Treatment and Medical Education, February 2023.
- Winner of the Dr. Vathouq Festival in the field of Excellence in Medical Education, Iran University of Medical Sciences, April 2017.
- Received a letter of appreciation from the Head of the Policy Council of the Ministry of Health, Treatment and Medical Education for participating in the development of a comprehensive scientific map of the country, 2007.
- Received a certificate of appreciation from the Deputy Coordinator and Secretary of the Assemblies of the Ministry of Health, Treatment and Medical Education for participating in the development of a comprehensive scientific map of the country, 2007.
- Received a certificate of appreciation for active participation in the national measles and rubella vaccination plan, leading to the highest level of coverage at Shahid Beheshti University of Medical Sciences, 2005.