

In the name of GOD

Curriculum Vitae (June 2024)



1. Personal Information

Full Name: Mohammad Hashem Hashempur

Job Title: Assistant Professor

Field of Study: Pain, Persian Medicine, Integrative Medicine, Clinical trial, Epidemiology

Specialization: Persian Medicine

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2. Experience and Activities

I was graduated with an MD degree from Shiraz University of Medical Sciences (SUMS) and subsequently obtained a PhD in traditional Persian medicine (TPM). I have authored over 100 papers and 5 academic books, primarily focusing on TPM. My research interests primarily revolve around pain management, diabetes, and epidemiological studies on the use (and its associated factors) of complementary and alternative medicine by different populations. I am listed among the World's Top 2% of Scientists, as published by Stanford University, for several consecutive years. I have made editorial contributions to several journals, including *Frontiers in Nutrition*, *Evidence-Based Complementary and Alternative Medicine*, and *Traditional and Integrative Medicine*. I had the honor of being one of the chairs at the 9th European Congress for Integrative Medicine. Additionally, I have served as a reviewer for numerous international journals, contributing to the quality and credibility of published research (For more information about my academic profile, including my publications and citations, please visit my Scopus profile here: <https://www.scopus.com/authid/detail.uri?authorId=55498239300>).

Currently, I hold the position of Vice-Chancellor for Research and Technology at Shiraz University of Medical Sciences. Previously, I served as the head of the University's Educational Development Center (EDC) and Vice-Chancellor for Traditional Medicine. My active involvement in various national and international professional societies underscores my dedication to advancing healthcare system and integrating different aspects of traditional Persian medicine into health system of Iran. During my academic activity, and especially in recent years, as the Vice-Chancellor for Research and Technology at SUMS, I have tried to highlight the need for improving "research impact" in our university.

4. Educational and Cultural Activities

Education:

- M.D (2003-2010): Shiraz Medical School, Shiraz University of Medical Sciences, Shiraz, Iran
- PhD (2010-2014): Shiraz Medical School, Shiraz University of Medical Sciences, Shiraz, Iran

Scientific Visits:

- Hamdard University, Delhi, India
- Prof. Dr. Fuat Sezgin Foundation for History of Sciences in Islam, Istanbul, Turkey
- PhytoLab, Vestenbergsgreuth, Germany
- Team of University of Pécs, Hungary
- Clinic for Naturopathy & Integrative Medicine, Academic Teaching Hospital of the University of Duisburg-Essen, Essen, Germany
- Plovdiv Medical University, Bulgaria

5. Awards & Grants

- Dec 2013: Award for Excellence in Research in Medical Sciences, Shiraz University of Medical Sciences
- Dec 2016: Top Researcher in Medical Sciences, Fasa University of Medical Sciences
- Dec 2018: Top Researcher in Medical Sciences, Fasa University of Medical Sciences
- Dec 2020: Top Researcher in Medical Sciences, Fasa University of Medical Sciences
- Nov 2021: Top Researcher, 2nd National Persian Medicine Festival

- Sep 2019: Grant for Top Young Professors, Ministry of Health & Medical Education
- Jan 2024: Grant for Top Young Professors, Ministry of Health & Medical Education (NIMAD)

6. Patents

- Antimicrobial sponge dressing based on biodegradable polymers containing the *Zataria multiflora* and titanium nanoparticles.
- Anti-microbial wound dressing based on biocompatible polymers containing the *Thymus pubescens*
- Synthesize of a green solvent and its application for preparation of *Rosmarinus officinalis* extract

Publications and Articles:

Conference Proceedings

- **Mohammad Hashem Hashempur**, Mohammad Sadegh Ghasemi, Babak Daneshfard, Parissa Sadat Ghoreishi, Zeinab NasiriLari, Kaynoosh Homayouni, Arman Zargarani: *Efficacy of topical traditional chamomile oil on mild and moderate carpal tunnel syndrome: A randomized double-blind placebo-controlled clinical trial* . 9th European Congress for Integrative Medicine ECIM 2016 Global Summit on Integrative Medicine and Healthcare. 9-11 September 2016 – Budapest
- **Mohammad Hashem Hashempur**, Seyed Hamdollah Mosavat, Mojtaba Heydari, Mesbah Shams: *Herbal medicines' use and their application-determining parameters*

among patients with hyperlipidemia: A cross-sectional survey. 9th European Congress for Integrative Medicine ECIM 2016 Global Summit on Integrative Medicine and Healthcare. 9-11 September 2016 – Budapest

- Alireza Ashraf, Sara Sadrneshin, Seyed Hamdollah Mosavat, **Mohammad Hashem Hashempur**: *Efficacy of the green tea (Camellia sinensis) tablet in knee osteoarthritis.* 9th European Congress for Integrative Medicine ECIM 2016 Global Summit on Integrative Medicine and Healthcare. 9-11 September 2016 – Budapest
- Mojtaba Heydari, **Mohammad Hashem Hashempur**, Seyed Hamdollah Mosvat: *Herbal remedies for neuropathic pain in Traditional Persian Medicine.* 63rd International Congress and Annual Meeting of the Society for Medicinal Plant and Natural Product Research (GA), Budapest, Hungary; 08/2015
- Mojtaba Heydari, **Mohammad Hashem Hashempur**, Seyed Hamdollah Mosavat: *The Contribution of Rhazes (834-932 CE) to the History of Light.* 4th International Summer School, Istanbul, Turkey; 08/2015
- Mojtaba Heydari, Kaynoush Homayouni, **Mohammad Hashem Hashempur**, Mesbah Shams: *The use of topical Citrullus colocynthis in treatment of painful diabetic neuropathy: A pilot interventional study.* 5th International Congress of Pain Medicine, Tehran; 10/2014
- **Mohammad Hashem Hashempur**, S.H.Mosavat: *The contribution of Persian scholars to the science of cardiology.* International preventive cardiology congress, Shiraz; 10/2014
- Mojtaba Heydari, **Mohammad Hashem Hashempur**, Seyyed Hamodollah Mosavat: *Chinese herbal drugs in Islamic medicine, the source of scientific and commercial relationship.* İBTAV International Conference, China and the Islamic World: Trade and Knowledge, Istanbul, Turkey; 06/2014

Books

- **Mohammad Hashem Hashempur**, Mojtaba Heydari, Seyyed Hamdollah Mosavat: *Medical Professionalism, Medical Ethics from the Perspective of Allameh Qutb al-Din Shirazi*, Navid Shiraz Publications, 2013
- Amir Mohammad Jaladat, Fatemeh Attarzadeh, **Mohammad Hashem Hashempur**, et al.: *Introductions to Treatment Methods in Traditional Persian Medicine*, Shiraz University of Medical Sciences Publications, 2017
- Mojtaba Heydari, **Mohammad Hashem Hashempur**, Babak Daneshfard, Seyed Hamdollah Mosavat: *Bioactive Foods as Dietary Intervention for Diabetes From the Perspective of Persian Medicine.* *Bioactive Food as Dietary Interventions for Diabetes*, chapter 4: pages 49-68; Academic Press, ISBN: 9780128138229, DOI:10.1016/B978-0-12-813822-9.00004-7

- Mojtaba Heydari, **Mohammad Hashem Hashempur**, Mohadeseh Ostovar, Mesbah Shams: Citrullus colocynthis and Its Potential Role Against Diabetes and Its Complications. Bioactive Food as Dietary Interventions for Diabetes, pages 495-507; Academic Press, ISBN: 9780128138229, DOI:10.1016/B978-0-12-813822-9.00032-1
- Ostovar M, Hashempur MH. *Cinnamomum verum* J.Presl. In: Roja Rahimi, Roodabeh Bahramsoltani, editors. *Therapeutic Medicinal Plants in Traditional Persian Medicine*. 1st ed. CRC Press; 2024. p. 10. eBook ISBN: 9781003302100.

Journal Publications

- Afrasiabian, Farshid, Mirabzadeh Ardakani, Mehran, Rahmani, Khaled, Azadi, Nammam Ali, Alemohammad, Zahra Banafsheh, Bidaki, Reza, . . . **Hashempur, Mohammad Hashem**. (2019). Aloysia citriodora Palau (lemon verbena) for insomnia patients: A randomized, double-blind, placebo-controlled clinical trial of efficacy and safety. Phytotherapy Research, 33(2), 350-359.
- Ahmad, Rabia Shabir, Hussain, Muhammad Bilal, Sultan, Muhammad Tauseef, Arshad, Muhammad Sajid, Waheed, Marwa, Shariati, Mohammad Ali, . . . **Hashempur, Mohammad Hashem**. (2020). Biochemistry, safety, pharmacological activities, and clinical applications of turmeric: a mechanistic review. Evidence-Based Complementary and Alternative Medicine, 2020.
- Akrami, Rahimeh, **Hashempur, Mohammad Hashem**, Tavakoli, Ali, Nimrouzi, Majid, Sayadi, Mehrab, Roodaki, Maryam, . . . Faridi, Pouya. (2016). Effects of Fumaria parviflora L on uremic pruritus in hemodialysis patients: a randomized, double-blind, placebo-controlled trial. Jundishapur Journal of Natural Pharmaceutical Products, 12(3), e39744.
- Alyasin, Soheila, Nabavizadeh, Seyed Hesamedin, Esmaeilzadeh, Hossein, Heydari, Seyed Taghi, Mosavat, Seyed Hamdollah, Parvizi, Mohammad Mahdi, . . . **Hashempur, Mohammad Hashem**. (2020). Efficacy of oral supplementation of whey protein in patients with contact dermatitis: a pilot randomized double-blind placebo-controlled clinical trial. Dermatologic Therapy, 33(6), e14260.
- Amini, Fatemeh, Namjooyan, Foroogh, Zomorodian, Kamiar, Zareshahrabadi, Zahra, Shojaei, Kobra, Jaladat, Amir Mohammad, & **Hashempur, Mohammad Hashem**. (2023). The efficacy of complementary treatment with marshmallow (Althaea officinalis L.) on vulvovaginal candidiasis: a randomized double-blinded controlled clinical trial. EXPLORE, 19(6), 813-819.
- Ashraf, Alireza, Sadrneshin, Sara, Mosavat, Seyed Hamdollah, & **Hashempur, Mohammad Hashem**. (2016). Efficacy of the green tea (Camellia sinensis) tablet in knee osteoarthritis. European Journal of Integrative Medicine, 1(8), 10-11.

- Askari, Alireza, Hasheminasab, Fatemeh Sadat, Sadeghpour, Omid, Naghizadehd, Mohammad Mehdi, Ravansalar, Seyed Ali, Iraj, Aida, & **Hashempur, Mohammad Hashem**. (2024). A randomized double-blind active-controlled clinical trial on the efficacy of topical basil (*Ocimum basilicum*) oil in knee osteoarthritis. *Frontiers in Pharmacology*, 15, 1377527.
- Askari, Alireza, Ravansalar, Seyed Ali, Naghizadeh, Mohammad Mehdi, Mosavat, Seyed Hamdollah, Khodadoost, Mahmood, Jazani, Arezoo Moini, & **Hashempur, Mohammad Hashem**. (2019). The efficacy of topical sesame oil in patients with knee osteoarthritis: a randomized double-blinded active-controlled non-inferiority clinical trial. *Complementary Therapies in Medicine*, 47, 102183.
- Boroughani, Mohadese, Tahmasbi, Zahra, Heidari, Mohamad Mahdi, Johari, Mohammadkarim, **Hashempur, Mohammad Hashem**, & Heydari, Mojtaba. (2024). Potential therapeutic effects of green tea (*Camellia sinensis*) in eye diseases, a review. *Heliyon*.
- Chaijan, Mahsa Rostami, Azgomi, Ramin Nasimi Doost, Mehraban, Shadan S, & **Hashempur, Mohammad Hashem**. (2020). Authors' response to letter to the editor, "The effects of eugenol nanoemulsion on pain caused by arteriovenous fistula cannulation in hemodialysis patients: A randomized double-blinded controlled cross-over clinical trial". *Complementary Therapies in Medicine*, 54, 102544.
- Chijan, Mahsa Rostami, Salehi, Mehdi, Ostovar, Mohadese, Haghjoo, Elham, Rahimabadi, Massih Sedigh, & **Hashempur, Mohammad Hashem**. (2022). The I-CAM-IR: persian translation, cross-cultural adaptation and revised version of the I-CAM-Q. *Traditional and Integrative Medicine*.
- Dalfardi, Behnam, Heydari, Mojtaba, Golzari, Samad EJ, Nezhad, Golnoush Sadat Mahmoudi, & **Hashempur, Mohammad Hashem**. (2014). Al-Baghdadi's description of venous blood circulation. *International journal of cardiology*, 174(1), 209-210.
- Darani, Narges Sharifi, Vaghasloo, Mahdi Alizadeh, Kazemi, Asma, Amri, Hakima, Rampp, Thomas, & **Hashempur, Mohammad Hashem**. (2023). Oxymel: A review of preclinical and clinical studies. *Heliyon*.
- Ehrampoush, Elham, Nazari, Nahid, Homayounfar, Reza, Ghaemi, Alireza, Osati, Saeed, Tahamtan, Sepideh, . . **Hashempur, Mohammad Hashem**, Bahmanyar, Maryam. (2020). Association between dietary patterns with insulin resistance in an Iranian population. *Clinical nutrition ESPEN*, 36, 45-52.
- Faghihi, Amir, Najafi, Sied Saeed, **Hashempur, Mohammad Hashem**, & Kalyani, Majid Najafi. (2021). The effect of abdominal massage with extra-virgin olive oil on constipation among elderly individuals: a randomized controlled clinical trial. *International journal of community based nursing and midwifery*, 9(4), 268.
- Ghorat, Fereshteh, Mosavat, Seyed Hamdollah, Hadigheh, Samaneh, Kouhpayeh, Seyed Amin, Naghizadeh, Mohammad Mehdi, Rashidi, Ali Akbar, & **Hashempur, Mohammad Hashem**. (2024). Prevalence of Complementary and Alternative Medicine Use and Its Associated Factors among Iranian Diabetic Patients: A Cross-Sectional Study. *Current Therapeutic Research*, 100, 100746.

- Ghoreishi, Parissa Sadat, Shams, Mesbah, Nimrouzi, Majid, Zarshenas, Mohammad M, Lankarani, Kamran Bagheri, Fallahzadeh Abarghooei, Ebrahim, . . . **Hashempur, Mohammad Hashem.** (2024). The Effects of Ginger (*Zingiber Officinale* Roscoe) on Non-Alcoholic Fatty Liver Disease in Patients with Type 2 Diabetes Mellitus: A Randomized Double-Blinded Placebo-Controlled Clinical Trial. *Journal of Dietary Supplements*, 21(3), 294-312.
- Goudarzi, Mohammad Ali, Sohrabi, Zahra, **Hashempur, Mohammad Hashem,** Nosratabadi, Saeed, Namkhah, Zahra, Clark, Cain CT, & Haghghat, Neda. (2024). Does the Grape Products Intake has an Effect on Body Weight in Adults: A Systematic Review and Meta-analysis of Randomized Controlled Trials. *Current Drug Targets*, 25(2), 121-134.
- Hajimonfarednejad, Mahdie, Ostovar, Mohadeseh, Hasheminasab, Fatemeh Sadat, Shariati, Mohammad Ali, Thiruvengadam, Muthu, Raei, Mohammad Javad, & **Hashempur, Mohammad Hashem.** (2023). Medicinal plants for viral respiratory diseases: a systematic review on Persian medicine. *Evidence-Based Complementary and Alternative Medicine*, 2023.
- Hajimonfarednejad, Mahdie, Ostovar, Mohadeseh, Raei, Mohammad Javad, **Hashempur, Mohammad Hashem,** Mayer, Johannes Gottfried, & Heydari, Mojtaba. (2019). Cinnamon: A systematic review of adverse events. *Clinical Nutrition*, 38(2), 594-602.
- Hashemi, Monire Seyed, **Hashempur, Mohammad Hashem,** Lotfi, Mohammad Hassan, Hemat, Habib, Mousavi, Zohre, Emtiazy, Majid, & Vaziri, Farzane. (2019). The efficacy of asafoetida (*Ferula assa-foetida* oleo-gum resin) versus chlorhexidine gluconate mouthwash on dental plaque and gingivitis: A randomized double-blind controlled trial. *European Journal of Integrative Medicine*, 29, 100929.
- **Hashempur, Mohammad Hashem,** Ghasemi, Mohammad Sadegh, Daneshfard, Babak, Ghoreishi, Parissa Sadat, Lari, Zeinab Nasiri, Homayouni, Kaynoosh, & Zargarani, Arman. (2017). Efficacy of topical chamomile oil for mild and moderate carpal tunnel syndrome: A randomized double-blind placebo-controlled clinical trial. *Complementary Therapies in Clinical Practice*, 26, 61-67.
- **Hashempur, Mohammad Hashem,** Ghasemi, Mohammad Sadegh, Daneshfard, Babak, Ghoreishi, Parissa Sadat, NasiriLari, Zeinab, Homayouni, Kaynoosh, & Zargarani, Arman. (2016). Efficacy of topical traditional chamomile oil on mild and moderate carpal tunnel syndrome: A randomized double-blind placebo-controlled clinical trial. *European Journal of Integrative Medicine*, 1(8), 13-14.
- **Hashempur, Mohammad Hashem,** Hashempour, Mohammad Mahdi, Mosavat, Seyed Hamdollah, & Heydari, Mojtaba. (2017). Rhazes—his life and contributions to the field of dermatology. *JAMA dermatology*, 153(1), 70-70.
- **Hashempur, Mohammad Hashem,** Heydari, Mojtaba, Bagheri, Mohammad Hadi, & Shams, Mesbah. (2013). Assessment of Compliance of Comprehensive Pre-internship Exam Questions with Educational priorities that are Needed for General Practitioner. *Educational Development of Judishapur*, 4(3), 64-73.

- **Hashempur, Mohammad Hashem**, Heydari, Mojtaba, Mosavat, Seyed Hamdollah, Heydari, Seyyed Taghi, & Shams, Mesbah. (2015). Complementary and alternative medicine use in Iranian patients with diabetes mellitus. *Journal of Integrative Medicine*, 13(5), 319-325.
- **Hashempur, Mohammad Hashem**, Homayouni, Kaynoosh, Ashraf, Alireza, Salehi, Alireza, Taghizadeh, Mohsen, & Heydari, Mojtaba. (2014). Effect of *Linum usitatissimum* L.(linseed) oil on mild and moderate carpal tunnel syndrome: a randomized, double-blind, placebo-controlled clinical trial. *DARU Journal of Pharmaceutical Sciences*, 22, 1-9.
- **Hashempur, Mohammad Hashem**, Karami, Forough, Khoshnam, Mohammad, Zomorodian, Kamiar, Zare, Alireza, Jafari, Mahboobeh, . . . Zarehshahrabadi, Zahra. (2024). Enrichment of creatine-gelatin cryogel with *Zataria multiflora* essential oil and titanium dioxide nanoparticles as a potential wound dressing. *Materials Today Chemistry*, 38, 102069.
- **Hashempur, Mohammad Hashem**, Khademi, Fatemeh, Rahmanifard, Maryam, & Zarshenas, Mohammad M. (2017). An evidence-based study on medicinal plants for hemorrhoids in Medieval Persia. *Journal of Evidence-Based Complementary & Alternative Medicine*, 22(4), 969-981.
- **Hashempur, Mohammad Hashem**, Lari, Zeinab Nasiri, Ghoreishi, Parissa Sadat, Daneshfard, Babak, Ghasemi, Mohammad Sadegh, Homayouni, Kaynoosh, & Zargarani, Arman. (2015). A pilot randomized double-blind placebo-controlled trial on topical chamomile (*Matricaria chamomilla* L.) oil for severe carpal tunnel syndrome. *Complementary Therapies in Clinical Practice*, 21(4), 223-228.
- **Hashempur, Mohammad Hashem**, Mosavat, Seyed Hamdollah, Heydari, Mojtaba, & Shams, Mesbah. (2016). Herbal medicines' use and their application-determining parameters among patients with hyperlipidemia: A cross-sectional survey. *European Journal of Integrative Medicine*, 1(8), 18.
- **Hashempur, Mohammad Hashem**, Mosavat, Seyed Hamdollah, Heydari, Mojtaba, & Shams, Mesbah. (2019). Medicinal plants' use among patients with dyslipidemia: an Iranian cross-sectional survey. *Journal of Complementary and Integrative Medicine*, 16(3), 20180101.
- **Hashempur, Mohammad Hashem**, Naseri, Mahshid, & Ashraf, Alireza. (2015). Carpal tunnel syndrome in lactation: a challenging issue. *Women's Health Bulletin*, 2(4).
- **Hashempur, Mohammad Hashem**, Sadrneshin, Sara, Mosavat, Seyed Hamdollah, & Ashraf, Alireza. (2018). Green tea (*Camellia sinensis*) for patients with knee osteoarthritis: A randomized open-label active-controlled clinical trial. *Clinical Nutrition*, 37(1), 85-90.
- Hedayati, Sara, Tarahi, Mohammad, Azizi, Rezvan, Baghbali, Vahid, Ansarifard, Elham, & **Hashempur, Mohammad Hashem**. (2023). Encapsulation of mint essential oil: Techniques and applications. *Advances in Colloid and Interface Science*, 103023.
- Heydari, Mojtaba, **Hashempur, Mohammad Hashem**, Ayati, Mohammad Hosein, Quintern, Detlev, Nimrouzi, Majid, & Mosavat, Seyed Hamdollah. (2015). The use of

Chinese herbal drugs in Islamic medicine. *Journal of Integrative Medicine*, 13(6), 363-367.

- Heydari, Mojtaba, Dalfardi, Behnam, Hajimonfarednejad, Mahdie, & **Hashempur, Mohammad Hashem**. (2023). A Historical Perspective on Diagnosing Death in Persian Medicine. *Bulletin of Emergency And Trauma*, 11(4), 200-201.
- Heydari, Mojtaba, Dalfardi, Behnam, **Hashempur, Mohammad Hashem**, & Kolouri, Sepideh. (2016). Johannitius (809–873 AD), a bridge between Greek and Persian knowledge of the pulse. *International journal of cardiology*, 206, 112-113.
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- Heydari, Mojtaba, **Hashem Hashempur, Mohammad**, & Zargaran, Arman. (2013). Opijum S Medicinskog Gledišta Kako Je Prikazan U Avicenu Kanonu Medicine. *Acta medico-historica Adriatica: AMHA*, 11(1), 101-112.
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- Heydari, Mojtaba, **Hashempur, Mohammad Hashem**, & Mosvat, Seyed Hamdollah. (2015). Herbal remedies for neuropathic pain in Traditional Persian Medicine. Paper presented at the Planta Medica.
- Heydari, Mojtaba, **Hashempur, Mohammad Hashem**, Ostovar, Mohadeseh, & Shams, Mesbah. (2019). Citrullus colocynthis and its potential role against diabetes and its complications Bioactive Food as Dietary Interventions for Diabetes (pp. 495-507): Elsevier.
- Heydari, Mojtaba, Homayouni, Kaynoosh, **Hashempur, MH**, & Shams, M. (2015). Topical Citrullus colocynthis in painful diabetic neuropathy: a double-blind randomized placebo-controlled clinical trial. *J Diabetes*, 8, 246-252.
- Heydari, Mojtaba, Homayouni, Kaynoosh, **Hashempur, Mohammad Hashem**, & Shams, Mesbah. (2015). The efficacy of topical citrullus colocynthis oil on patients with painful diabetic neuropathy; randomized controlled trial. *Avicenna Journal of Phytomedicine*, 5.
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- Kazemi, Asma, Iraj, Aida, Esmaelzadeh, Niusha, Salehi, Mehdi, & **Hashempur, Mohammad Hashem**. (2023). Peppermint and menthol: a review on their biochemistry, pharmacological activities, clinical applications, and safety considerations. *Critical Reviews in Food Science and Nutrition*, 1-26.
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