

## CURRICULUM VITAE

### Mohadeseh Ostovar



Assistant professor at Shiraz university of medical sciences  
Traditional Persian medicine department  
Sep 2024

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#### EDUCATION

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2015- 2019 Shiraz University of Medical Sciences, **Ph.D.** of traditional Persian medicine  
Advisor: Mesbah Shams, M.D.

Dissertation Topic: "The mechanism of the effect of *Citrullus colocynthis* topical formulation on diabetic neuropathy: an animal study"

2007- 2014 Shiraz University of Medical Sciences, **M.D.**  
Advisor: Khadijeh Sadat Najib, M.D.

Dissertation Topic: "Clinicopathological survey of Iranian pediatric patients admitted due to esophagitis during 1385-1389 in GI ward of Namazi Hospital, Shiraz, Iran"

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#### EMPLOYMENT

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September 2024- Present	Assistant professor at Shiraz university of medical sciences
February 2024- September 2024	Marham Persian medicine clinic, Shiraz as a specialist physician (M.D., Ph.D. Of TPM)
March 2023- August 2023	Firouzabad Hazrate qaem hospital as a specialist physician (M.D., Ph.D. Of TPM)
September 2022- March 2023	Larestan Imam Reza (A) hospital as a specialist physician (M.D., Ph.D. Of TPM)
September 2021 - 2022	Assistant professor at Fasa University of medical sciences
July- September 2021	Sadra City as a specialist physician (M.D., Ph.D. Of TPM)

July 2019 -March 2021	Hazrate Zeinab Hospital, as a specialist physician (M.D., Ph.D. Of TPM)
November 2014 -February 2015	Istahban health and medical network, as family physician (M.D.)

## **HONORS AND AWARDS**

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<b>Year</b>	<b>Honors Distinction</b>
2017	First rank of Ph.D. <b>comprehensive examination</b> among PhD students of traditional Persian medicine, Shiraz University of Medical Sciences
2007-2014	Being among <b>brilliant talents</b> Students, Shiraz University of Medical Sciences
2007	Being among top 1% of students participated in <b>Iranian university entrance exam</b>

## **PROFESSIONAL MEMBERSHIPS**

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**Vice Chancellor for Research of TPM department**  
Fasa University of Medical Sciences

**Member of the Board of the Scientific Association**  
Iranian traditional medicine Scientific Association (Since 2022)

**Member of the Health and Youth population center**  
Fasa University of Medical Sciences

**Head of TPM Action Plan of Ministry of Health and Medical Education**  
Fasa University of Medical Sciences

**Professional Organization Member**  
Iranian traditional medicine Scientific Association (from 2015)

**Professional Organization Member**  
Society for Medicinal Plant and Natural Product Research (GA)  
(from 2016)

**Shareholder and member of Knowledge-based Company**  
Essence of Parsiyan Wisdom Institute, Traditional Medicine and Medicinal Plant Incubator (from 2016)

**Professional Organization Member**  
Research Center for Traditional medicine and History of Medicine, Shiraz University of medical sciences

## **SKILLS**

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- Computational skills:
  - ✓ SPSS

- ✓ GraphPad Prism software
- ✓ Stata software
- ✓ Microsoft Office (word, PowerPoint, Excel...)
  
- Experimental skills:
  - ✓ Herbal treatment
  - ✓ Massage therapy
  - ✓ Cupping therapy
  - ✓ Leech therapy
  - ✓ Phlebotomy
  - ✓ Dry needling
  - ✓ Acupuncture
  - ✓ Acupressure
  - ✓ Ghamz therapy

## **RESEARCH & PUBLICATIONS**

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### ***PUBLICATIONS***

#### ***BOOK***

- J. Abolghasemi, M. Ostovar, *et al.* “Tashrih va Manafeol a’aza, from the perspective of Traditional Persian medicine”, Chogan, Tehran, 1398.
- M. Heydari, M. H. Hashempour, M. Ostovar, M. Shams, *et al.* “Bioactive Food as Dietary Interventions for Diabetes”, 2<sup>nd</sup> edition, Chapter 32, Elsevier Inc., 2019.
- M. Ostovar, M. H. Hashempour; Therapeutic Medicinal Plants in Traditional Persian Medicine, 1<sup>st</sup> edition, Chapter 8, CRC Taylor & Francis, 2024

***JOURNAL ARTICLES***

- Ostovar M, Parvizi MM, Atarzadeh F, Yaghoubi Sh, Hashempur MH, Jaladat AM; Efficacy of a Persian-based method of needling on clinical symptoms of patients with COVID-19: A pilot randomized controlled clinical trial; *Traditional and Integrative Medicine*; 2024
- Ostovar M, Shams M, Mahmoudi M, Dehghan A, Jazani AM, Hashempur MH. Prevalence, patterns, and disclosure of complementary and alternative medicine (CAM) use among patients with thyroid diseases: A cross-sectional study in Iran. *Heliyon*. 2024;10 (13).
- Ostovar, M., Akbari, A., Anbardar, M., Iraj, A., Salmanpour, M., Hafez Ghoran, S., Heydari M., Shams, M. (2020). Effects of *Citrullus colocynthis* L. in a rat model of diabetic neuropathy. *Journal of integrative medicine*, 18(1), 59-67. doi: <https://doi.org/10.1016/j.joim.2019.12.002>
- Ostovar M, Mosavat H, P. Jonathan Starr, D. Quintern, M. Heydari, 2019. Female Genital Tract Anomalies Treatment through Surgery in Avicenna’s Canon of Medicine (980–1037 CE). *Journal of research on history of medicine*.
- M Hajimonfarednejad, B Daneshfard, MJ Rae, D Cordato, MM Parvizi, M Ostovar; Sleep Paralysis from the Viewpoint of Persian Medicine; *Traditional and Integrative Medicine*, 66-73, 2024
- B Pezeshki, H Pourmontaseri, MS Rahimabadi, E Haghjoo, M Ostovar, et al., A complementary therapy with whey protein in diabetes: a double-blind randomized controlled clinical trial, *Traditional and Integrative Medicine*, 149-155, 2023
- MR Chijan, M Salehi, M Ostovar, E Haghjoo, MS Rahimabadi, et al., The I-CAM-IR: persian translation, cross-cultural adaptation and revised version of the I-CAM-Q, *Traditional and Integrative Medicine* 2023
- M Hajimonfarednejad, M Ostovar, FS Hasheminasab, MA Shariati, et al., Medicinal plants for viral respiratory diseases: a systematic review on Persian medicine, *Evidence-Based Complementary and Alternative Medicine* 2023
- Deldar, N., Monsefi, M., Salmanpour, M., Ostovar, M., & Heydari, M. (2021). Wound Healing Potential of Crocin and Safranal, Main Saffron (*Crocus sativus* L.), the Active Constituents in Excision Wound Model in Rats. *Galen Medical Journal*, 10, 1900
- Hajimonfarednejad, M., Ostovar, M., Rae, M.J., Hashempur, M.H., Mayer, J.G., Heydari, M., 2018. Cinnamon: A systematic review of adverse events. *Clinical Nutrition*
- A. Salehi, M. Ostovar, and M. Marzban. A Systematic Review and Meta-Analysis on the Effect of *Cotoneaster manna* on Neonatal Jaundice Herbal Drugs. 9:47-54 (2018).

- M. Hajimonfared, M. Parvizi, M. Ostovar, and F. Amini, Healthy Pregnancy in Qanoon of Avicenna with a look at modern medicine. *Journal of Hifzosseha*. 3:25-31 (2014).
- M. Zahmatkeshan, K. Najib, M. Ostovar, and B. Geramizadeh. Clinical characteristics of pediatric esophagitis in southern Iran: a single center experience. *Journal of Isfahan medical school*. 32:871-878 (2014)

### ***CONFERENCE PROCEEDINGS***

- Ostovar. M, Hajimonfared. M, Onychomycosis and its approach according to Iranian Traditional Medicine, *journal of Curr Med Mycol*, 2015, 1(S1), 2nd international and 4th Iranian congress in medical mycology from bench to bed, Nov 18-20, 2015; Vol. 1 (Suppl. 1): 77-78
- Hajimonfared. M, Ostovar. M, Treatment of dandruff by Iranian Traditional Medicine, *journal of Curr Med Mycol*, 2015, 1(S1), 2nd international and 4th Iranian congress in medical mycology from bench to bed, Nov 18-20, 2015; Vol. 1 (Suppl. 1): 58
- Hajimonfared. M, Ostovar. Amini F. Eye health and ways to maintain its health. The first international congress of complementary and alternative medicine. Oct 7-9, 2015
- Hajimonfared. M, Parvizi. M, Zamani. N, Ostovar. M, Explanation of PCO by Traditional Persian Medicine, National Conference on evidence based Traditional medicine and pharmacy, Shiraz, Iran: March 02-04, 2016.
- Hajimonfared. M, Ostovar. M, Heydari. M, Diabetes and depression from Iranian traditional medicine to modern literature, National Conference on evidence based Traditional medicine and pharmacy, Shiraz, Iran: March 02-04, 2016.
- Ostovar. M, Hajimonfared. M, Sleeping and awakening from the perspective of traditional medicine and hadiths, *Journal of Research on history of medicine*, The first international conference on holy prophet Mohamad's tradition(Sireye Nabavi) in medicine and the first international student conference: Jan 21-23, 2014; Vol. 3 (Suppl. 1)
- Abolghasemy. J, Ostovar. M, Ramjerdy. A, Tradition of devotion and public Charity in Health, Treatment and medical education, the second international conference on holy prophet Mohammad's tradition (sireye nabavi) in medicine and the second international student conference: Dec 22-24, 2015
- Ostovar.M, Amini. F, Abolghasemy. J, Hajimonfared. M, Role of Hygiene in Health in Prophetic Tradition, the second international conference on holy prophet Mohammad's tradition (sireye nabavi) in medicine and the second international student conference: Dec 22-24, 2015

- Hajimonfared. M, Amini. F, Ostovar. M, Ethics in Medicine, the second international conference on holy prophet Mohammad's tradition (sireye nabavi) in medicine and the second international student conference: Dec 22-24, 2015
- Amini. F, Ostovar. M, Niknam. D, Medical sciences in Islamic civilization, the second international conference on holy prophet Mohammad's tradition (sireye nabavi) in medicine and the second international student conference: Dec 22-24, 2015
- M. Hajimonfared, M. Ostovar, Amini. F, Healthy Pregnancy in Qanoon of Avicenna with a look at modern medicine, Journal of Research on history of medicine, The first international conference on holy prophet Mohamad's tradition (Sireye Nabavi) in medicine and the first international student conference: Jan 21-23, 2014; Vol. 3 (Suppl. 1): 117
- Pasalar, M., Mosaffa-Jahromi, M., Bagheri-Lankarani, K., Afsharypuor, S., Tamadon, A., & Ostovar, M. (2017). Quality of life and anise oil; a promising effect based on Traditional Persian Medicine principles. Paper presented at the World Congress Integrative Medicine & Health 2017: part three, Berlin, Germany.
- Ostovar.M, Marzban. M, Salehi. A, The effect of Cotoneaster manna on neonatal jaundice: A PRISMA compliant systematic review, 9th join natural products conference 2016: July 24-27, 2016.

## **ARTICLE REVIEWS**

### **JOURNALS**

- Journal of traditional and integrative medicine
- Evidence-Based Complementary and Alternative Medicine
- Natural Product Research
- BMC complementary and alternative medicine
- Cosmetic dermatology Journal

## **CURRENT RESEARCH**

- CAM use in different populations
- Adverse events of the herbs

## **RESEARCH INTERESTS**

- Animal studies in herbal drugs
- GYN and Obstetrics
- Diabetes and its complications
- Dermatological diseases

## **ADMINISTRATIVE EXPERIENCE**

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- Collaborating in holding two scientific conferences
- Holding student journeys
- Holding book fair
- Editor-in-chief of student journal

**TEACHING EXPERIENCE*****TALKS, PRESENTATIONS AND LECTURES***

Time	Place	Topic
July 2016	Copenhagen, Denmark 9 <sup>th</sup> joint natural products Conference	Poster presentation
Fall 2016	TPM department, Shiraz University of medical sciences	Rheumatism in TPM
Fall 2017	TPM department, Shiraz University of medical sciences	A'araze nafsani
Summer 2018	TPM department, Shiraz University of medical sciences	Approach to animal Studies
Winter 2018	Iranian traditional medicine Association, Shiraz branch	Female puberty in TPM
Winter 2018	Iranian traditional medicine Association, Shiraz branch	Abnormal uterine bleeding in TPM
Winter 2018	Iranian traditional medicine Association, Shiraz branch	Health care guidelines of TPM
Fall 2020	Hazrate Zeynab Hospital	Mizaj
Fall 2021	Fasa University of medical sciences	Herbal and current drugs interactions
Fall 2021	Fasa University of medical sciences	Accupuncture
Winter 2021	Online presentation on Mezaj.org	New methods of skin wound care
2021-2022	Fasa University of medical sciences	Complementary and alternative medicine
2021-2022	Fasa University of medical sciences	Phlebotomy, cupping, leech therapy and massage
2021-2022	Fasa University of medical sciences	Herbal drugs
2021-2022	Fasa university of medical sciences	Principles of maintaining health in traditional Persian medicine
2021-2022	Fasa university of medical sciences	Natural affairs, elements and temperament
2021-2022	Fasa university of medical sciences	Basic sciences of TPM
2021-2022	Fasa university of medical sciences	Medicinal plants in gastrointestinal diseases in traditional Persian medicine

2021-2022	Fasa university of medical sciences	Medicinal plants in dermatological diseases in traditional Persian medicine
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## WORKSHOPS ATTENDED

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Time	Place	Topic
2022-2024	Shahid Beheshti university of medical sciences	The first course of empowering Traditional Persian medicine specialists in the field of GYN and infertility
Summer 2021	Traditional Persian medicine Scientific association	Tongue Diagnosis
October 2021	Traditional Persian medicine Scientific association	Iridology
December 2021	Traditional Persian medicine Scientific association-Shiraz	Acupuncture
June 2016	Shiraz massage home	Classic, relaxation and sport massage
October 2018	Research consultation Center, Shiraz University of Medical Sciences	Translation strategies
October 2018	Research consultation Center, Shiraz University of Medical Sciences	Systematic review and meta-analysis, using stata software
October 2018	Research consultation Center, Shiraz University of Medical Sciences	How to give an effective oral scientific presentation
October 2018	Research consultation Center, Shiraz University of Medical Sciences	Design and analysis of clinical trials
November 2018	Research consultation Center, Shiraz University of Medical Sciences	Ethics in research
November 2018	Research consultation Center, Shiraz University of Medical Sciences	Introduction to submission of manuscripts to scientific journals
November 2018	Research consultation Center, Shiraz University of Medical Sciences	How to read and understand a scientific paper
December 2018	Research consultation Center, Shiraz University of Medical Sciences	Peer review in biomedical sciences
December 2018	Research consultation Center, Shiraz University of	Statistical Analysis of data with SPSS software



	Medical Sciences	
December 2018	Research consultation Center, Shiraz University of Medical Sciences	Introduction to Microsoft Excel
December 2018	Research consultation Center, Shiraz University of Medical Sciences	Introduction to Microsoft Excel with emphasis on equations and graphs
January 2019	Research consultation Center, Shiraz University of Medical Sciences	How to give an effective poster presentation
January 2019	Research consultation Center, Shiraz University of Medical Sciences	GraphPad prism
January 2019	Research consultation Center, Shiraz University of Medical Sciences	Advanced scientific writing
July 2018	Research consultation Center, Shiraz University of Medical Sciences	Principles, necropsy and sampling in laboratory animals