

## Curriculum Vitae

**Name:** Maryam Ranjbar

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### PERSONAL INFORMATION

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Date of birth: 06/01/1980

Marital status: married

### EDUCATION

#### higher education

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2023	100 hours Foundation Fellowship Course, Basic and Advanced Levels of E-Learning. <i>Virtual Faculty and Scientific Hub of E-Learning, Shiraz University of Medical Sciences</i>
2022	150 hours Modular fellowship in clinical informatics. <i>Clinical Informatics and Telemedicine Department, Virtual Education Center, Vice Chancellor for Education, Kerman University of Medical Sciences</i>
Feb 201 <sup>†</sup> - Sep 201 <sup>^</sup>	<p>Ph.D., Traditional Iranian Medicine <i>Department of Traditional Persian Medicine, Shiraz University of Medical Sciences, Shiraz, Iran</i></p> <ul style="list-style-type: none"><li>• GPA: 18.20</li><li>• DISSERTATION: Explanation of sleep disorders in Iranian Traditional Medicine and the comparison of efficacy of <i>Melissa officinalis</i> and <i>Nepeta mentoides</i> combination on initial insomnia and placebo,  Supervisor:  <i>Hossein Rezaeizadeh, Tehran University of Medical Sciences</i>  <i>Ali Firoozabadi, Shiraz University of Medical Sciences</i>  <i>Alireza Salehi, Shiraz University of Medical Sciences</i>  <i>Mohammad M. Zarshenas, Shiraz University of Medical Sciences</i></li></ul>

	Khosro Sadeghniiat-Haghighi, <i>Tehran University of Medical Sciences</i>
<b>1998 – 2006</b>	<p>M.D., Doctor of Medicine  <i>Kerman University of Medical Science, Kerman, Iran (2006)</i></p> <ul style="list-style-type: none"> <li>DISSERTATION:  The comparison of Maternal Endometritis in Meconium stained Amniotic fluid and clear Amniotic fluid</li> </ul> <p>Supervisor:  Zohreh Salari, <i>kerman University of Medical Sciences</i></p>

## GRANTS AND FELLOWSHIPS

Date, Name, Significant info., Amount

100 hours Foundation Fellowship Course, Basic and Advanced Levels of E-Learning. Virtual Faculty and Scientific Hub of E-Learning, Shiraz University of Medical Sciences. 2023

150 hours Modular fellowship in clinical informatics. Clinical Informatics and Telemedicine Department, Virtual Education Center, Vice Chancellor for Education, Kerman University of Medical Sciences. 2022

## RESEARCH EXPERIENCE

## TEACHING EXPERIENCE

Deputy of training of Department of Persian Medicine, Faculty of Medicine, Isfahan University of Medical Sciences, Isfahan, Iran

## RELEVANT WORK EXPERIENCE

۲۰۲۱- 2024 Deputy of training of Department of Persian Medicine, Faculty of Medicine, Isfahan University of Medical Sciences, Isfahan, Iran

۲۰۲۱, Member of the Accreditation Self-Assessment Committee

2023, Training course inspector, Isfahan National Skills Center

2024, Representative of the Persian Medicine department in the Media Committee of the youth of population

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## UNIVERSITY SERVICE

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Dates, University/organization, Description

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## PUBLICATIONS

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### Books

Maryam Ranjbar et al. *Tabib Avval .MCQs for PhD exam of TIM ۲۰۱۲ (2)*. Tehran: Noavar.

Maryam Ranjbar et al. Psoriasis chapter of Persian medicine textbook.

Maryam Ranjbar et al. Insomnia chapter of Persian medicine textbook.

Maryam Ranjbar et al. A short introduction to Persian Medicine. 2024. Tehran: Chogan

### Articles

Z Salari, **Maryam Ranjbar**, M Ranjbar. The comparison of Maternal Endometrities in Meconium stained Amniotic fluid and clear Amniotic fluid. JKMU. 2007,14(3): 203 – 209

Mohammed Safwan Ali Khan, Abdul Manan Mat Jais, Mohib Khan, Zainul Amiruddin Zakaria, **Maryam Ranjbar**. Gastroprotective effect of Tabernamontana Divaricata (L) R. R. flower methanolic extract in rats. Pharmacologyonline. 2011,7(2): 784 - 98

Mohammed Safwan Ali Khan, AM Mat Jais, Zainul Amiruddin Zakaria, N Mohtarrudin, **Maryam Ranjbar**, Mohib Khan, Arzeena Jabeen, Mushtaq Ahmad, Asma Khanam, Syeda Atika Yahya, Nazeer Ahmed, MS Amjad. Wound healing potential of Leathery Murdah, Terminalia coriacea (Roxb.) Wight & Arn. J Phytopharmacol.2012 (3):158-168

Nazeer Ahmed, Mohammed Safwan ALI KHAN, Abdul Manan MAT JAIS, Norhafizah Mohtarrudin, **Maryam Ranjbar**, Mohammed Shujauddin Amjad, Bee Nagaraju, Mohammed Faraz, Faiyaz Pathan, Anand Chincholi. Anti-ulcer activity of sandalwood (Santalum album L.) stem hydro-alcoholic extract in three gastric-ulceration models of wistar rats. B LATINOAM CARIBE PL. 2013,12 (1):81-91

Laila Shirbeigi **Maryam Ranjbar**, Fatemeh Alasl, Fatemeh Nejatbakhsh. Vitiligo and its medicinal plants from the viewpoint of Iranian Traditional Medicine. *Trad Integr Med*. 2016; 1(2):82-86

Shirbeigi L, **Ranjbar Maryam**. The effect of life style on healthy skin from the viewpoint of Traditional Persian Medicine (TPM) comparing to modern medicine. *jiiitm*. 2016; 7 (2) :165-171

Laila Shirbeigi, **Maryam Ranjbar**, Maliheh tabarraei. Melasma ("Vascular etiology of Melasma" the idea which was first presented by Avicenna and Rhazes). *Trad Integr Med*. 2016; 1(4)

**Maryam Ranjbar**, Alireza Salehi, Hossein Rezaeizadeh, Mohammad M Zarshenas, Khosro Sadeghniaat-Haghighi, Mehran Mirabzadeh, Ali Firoozabadi. Efficacy of a Combination of *Melissa officinalis* L. and *Nepeta menthoides* Boiss. & Buhse on Insomnia: A Triple-Blind, Randomized Placebo-Controlled Clinical Trial. *JACM*. 2018; 24 (12):1197-1203

**Maryam Ranjbar**, A Firoozabadi, A Salehi, Z Ghorbanifar, MM Zarshenas, Khosro Sadeghniaat-Haghighi, Hossein Rezaeizadeh. Effects of Herbal combination (*Melissa officinalis* L. and *Nepeta menthoides* Boiss. & Buhse) on insomnia severity, anxiety and depression in insomniacs: Randomized placebo-controlled trial. *Integr Med Res*. 2018; 7(4), 328-332

Mohammadreza Rahbar, Azadeh Zarei, **Maryam Ranjbar**, Malihe Tabarraei, Laila Shirbeigi. Etiology, Clinical Manifestation and Natural Treatments of Psoriasis from the Perspective of Persian Medicine. *Trad Integr Med*. 2020; 5(4)

Mohammad Reza Rajabnejad, **Maryam Ranjbar**, Mohammad Al-Attar. Galen: The first cardiac surgeon? *Thorac Cardiovasc Surg* 2021; 69(01): 008-009

**Maryam Ranjbar**, Mohammad Mazaheri, Mohammad Ansaripour, Mahmoud Babaeian, Atefeh Jalali, Mohammad M. Zarshenas. Herbal medications to manage insomnia: an overview of clinical trials: *Trad Integr Med*, Volume 7, Issue 2, Spring 2022

Leila Jafarzadeh, **Maryam Ranjbar**, Tina Nazari, Mahsa Naeimi Eshkaleti, Sanaz Aghaei Gharehbolagh, Jack D. Sobel and Shahram Mahmoudi. Vulvovaginal candidiasis: An overview of mycological, clinical, and immunological aspects: *J. Obstet. Gynaecol. Res*. 2022

Razieh Ghanbarian, **Maryam Ranjbar**, Mahmoud Babaeian, Mohammad Mazaheri. A Narrative Review of Herbal Remedies for Managing Hirsutism. International journal of preventive medicine. 15: 17, 2024

Doi:

Razieh Ghanbarian , Mahboubeh Valiani, Zahra Allameh, **Maryam Ranjbar**, Mohammad Mazaheri. Comparison of the Effect of Auriculotherapy, a Herbal Compound (Aslagh Capsule), and Metformin on the Clinical Symptoms of Polycystic Ovary Syndrome: Randomized Clinical Trial. Adv Biomed Res. 2024

### Preprint article

Elahe Naderi-afshar, Mahboubeh Valiani, Mojgan Tansaz, Shirin Fahimi, Zahra Allameh, **Maryam Ranjbar**, Mohammad Mazaheri. Effect of Persian traditional medicine based herbal vaginal gel in Vaginal Atrophy. Journal of Ayurveda and Integrative Medicine.

## PRESENTATIONS AND POSTER SESSIONS

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### Bibliographic format

**Ranjbar Maryam**, Mokaberi Roshanak. Causes of Brain Stroke from The viewpoint of Iranian Traditional Medicine. National Congress of Prevention & Treatment with Complementary Medicine. Isfahan University of Medical Sciences. 2014.Nov

Zarei Elham, Shirbeigi Leila, **Ranjbar Maryam**. Review of Causes & Treatment of Eczema in Iranian Traditional Medicine Documents. National Congress of Prevention & Treatment with Complementary Medicine. Isfahan University of Medical Sciences. 2014.nov

Shirbeigi Leila, **Ranjbar Maryam**, Zarei Elham. Evaluation of The Causes of Normal Skin Color Base on Iranian Traditional Medicine Documents. National Congress of Prevention & Treatment with Complementary Medicine. Isfahan University of Medical Science.2014.nov

Shirbeigi Leila, **Ranjbar Maryam**. The effect of life style on healthy skin from the viewpoint of Traditional Persian Medicine (TPM) comparing to modern medicine. International Congress of Complementary and Alternative Medicine. Mashhad university of medical sciences. 2016

**Ranjbar Maryam**, Rezaeizadeh Hossein. Prevention of epilepsy from the viewpoint of Traditional Persian Medicine. J.eujim.2016

Zarei Elham, **Ranjbar Maryam**. The evaluation of freckle and nevus causes from the view point of Iranian Traditional Medicine. National Conference on Evidence Based Traditional Medicine and pharmacy. 2016.

Mahmoud Babaeian, Mohammad Mazaheri, Arash Khosravi, **Maryam Ranjbar\***. Diversity of preventive and treatment approaches for respiratory diseases in Persian Medicine. national congress of effective natural products on respiratory infection. 2022

Mahmoud Babaeian, Arash Khosravi, **Maryam Ranjbar**, Mohammad Mazaheri. Hasovv, as a treatment of respiratory disease based on Persian Medicine. national congress of Effective natural products on respiratory infection. 2022

**Maryam Ranjbar**, Mahmoud Babaeian. Preventive management of infection epidemics based on Qanoon of Alaj book. national congress of Effective natural products on respiratory infection. 2022

Mohammad Mazaheri, Mahmoud Babaeian, **Maryam Ranjbar**. A brief review on life style and natural remedies on chemoradiotherapy induced oral mucositis based on Persian Medicine. The international congress of natural remedial products. 2023

**Maryam Ranjbar**. Sleep disorders in Persian Medicine. The international congress of natural remedial products. 2023

Mahmoud Babaeian, **Maryam Ranjbar**. The role of effective natural products in indigestion and Persian Medicine perspective. The international congress of natural remedial products. 2023

Mahmoud Babaeian, **Maryam Ranjbar**, Mohammad Mazaheri. The role of effective bee products on gastrointestinal disorders. The 2<sup>nd</sup> national conference of honey bee products. 2024

**Maryam Ranjbar**, Mahmoud Babaeian, Mohammad Mazaheri. The effect of bee products on the sleep disorders. The 2<sup>nd</sup> national conference of honey bee products. 2024

Mahmoud Babaeian, **Maryam Ranjbar**. The effect of bread on dyspepsia from the viewpoint of Persian Medicine. The first national congress on healthy bread, university of Isfahan. 2025

## PATENTS

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Date, Item, number

## **RESEARCH INTERESTS**

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life style modification  
Herbal medicine  
Infertility and other gynecologic disorders  
Neuropsychology  
Heart failure

## **TEACHING INTERESTS**

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life style modification  
Persian medicine  
Integrative medicine

## **PROFESSIONAL MEMB**

Iranian Traditional Medicine Association  
Clinical informatic

## **ERSHIPS**

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## **EXTRA CURRICULAR ACTIVITIES**

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Refereed for the Journal of Evidence-Based Complementary & Alternative Medicine. manuscript # JEBCAM-2015-08-0098 entitled "Cancer phytotherapy: Recent views on the role of antioxidant and angiogenesis activities. (2016)

Certificate award for teaching Traditional Iranian Medicine. Research center of Pharmacy and Medicine. Tehran University of medical Science. (2013)

Certificate award for teaching Traditional Iranian Medicine. Supreme leader institution. Isfahan University of Medical Sciences (2020).

Top cited article 2022-2023, journal of obstetrics and gynecology research for vulvovaginal candidiasis paper

۲۰۲۱- 2024 Deputy of training of Department of Persian Medicine, Faculty of Medicine, Isfahan University of Medical Sciences, Isfahan, Iran

۲۰۲۱, Member of the Accreditation Self-Assessment Committee

2023, Training course inspector, Isfahan National Skills Center

۲۰۲۳, Executive certificate on the topic of social determinants of health and Persian medicine, center for Research on Social Factors Affecting Health

2024, Representative of the Persian Medicine department in the Media Committee of the youth of population