



**IN THE NAME OF GOD**  
**Curriculum Vitae (CV)**

**Mashhad University of Medical Sciences**

**Personal Information:**

Name	Surname	Date of Birth	Nationality	Gender		Marital Status
				Male	Female	
Zahra	Gholamnezhad	16/03/1974	Iranian		Female	Single

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Home	Office	Mobile		
	05138828565		05138828564	gholamnezhadz@mums.ac.ir

**Educational Background: (last one first)**

Degree	Field of Specialization	Name of Institution	City	Country	Received Date	Academic Rank
Ph.D	Physiology	Mashhad University of Medical Science	Mashhad	Iran	Sep 2013	Assistant Prof
M.Sc	Physiology	Mashhad University of Medical Science	Mashhad	Iran	Mar 2005	
B.Sc	English Translation	Payam Noor University	Mashhad	Iran	2005	
B.Sc	Midwifery	Mashhad University of Medical Science	Mashhad	Iran	1996	

**Master Thesis:** The effects of vascular vasoconstrictor and vasodilators agent in animal endotoxic shock

**Ph. D. Dissertation:** The effect of *Nigella Sativa* aqueous-ethanolic extract and thymoquinone on lymphocyte's cytokines and Th1/Th2 balance in overtrained rats

**Administrative Positions:**

Job Title	Place of Work	Date		Name of Institution
		From	To	
Lecturer and researcher in Physiology	Dept. of Physiology	2014	date	Faculty of Medicine, Mashhad University of Medical Sciences
Assistant Educator in Physiology	Dept. of Physiology	2013	2014	Faculty of Medicine, Mashhad University of Medical Sciences
Managing Editor	Avicenna Journal of Phytomedicine	2011	date	Faculty of Medicine, Mashhad University of Medical Sciences
Assistant Educator in Physiology	Dept. of Physiology	2004	2010	Faculty of Medicine, Mashhad University of Medical Sciences
Manager of Secretariat	18th Physiology and Pharmacology congress	2005	2007	Faculty of Medicine, Mashhad University of Medical Sciences
Secretary Responsible	TQM Commite	2004	2005	Vali Asr Hospital, Bardaskan, Khorasan Razavi, Iran

Midwife	Maternity Hospital	2000	2003	Vali Asr Hospital, Bardaskan, Khorasan Razavi, Iran
Midwife	Maternity Hospital	1997	1999	Vali Asr Hospital, Bardaskan, Khorasan Razavi, Iran

### Master and Doctorate Theses Supervision:

No	Students Full Name	MS / Ph. D.	Title	Date

### Publications: (books)

Title	Type of Work		Publisher	Date
	Translation	Compilation		

### Publications: (papers)

Title of the Article	Journal	Web site journal	Date
Preclinical and clinical effects of Nigella Sativa and its constituent, thymoquinone: A review	Ethnopharmacology	<a href="http://www.sciencedirect.com/science/article/pii/S0378874116304214">http://www.sciencedirect.com/science/article/pii/S0378874116304214</a>	August 2016
The effects of Nigella sativa on sickness behavior induced by lipopolysaccharide in male Wistar rats	<i>Avicenna Journal of Phytomedicine</i>	<a href="http://ajp.mums.ac.ir">ajp.mums.ac.ir</a> <a href="http://ajp.mums.ac.ir/article_6205_0.html">http://ajp.mums.ac.ir/article_6205_0.html</a>	2016 Jan-Feb
Gastrointestinal effects of Nigella sativa and its main constituent, thymoquinone: a review	<i>Avicenna Journal of Phytomedicine</i>	<a href="http://ajp.mums.ac.ir">ajp.mums.ac.ir</a> <a href="http://ajp.mums.ac.ir/article_4695_fcf0aa8ffbeb64177330b14f9252fdd2.pdf">http://ajp.mums.ac.ir/article_4695_fcf0aa8ffbeb64177330b14f9252fdd2.pdf</a>	2016 Jan-Feb
Immunomodulatory and cytotoxic effect of Nigella sativa and thymoquinone on rat's splenocyte.	Food and Chemical Toxicology	<a href="http://www.sciencedirect.com/science/article/pii/S0278691515300508">http://www.sciencedirect.com/science/article/pii/S0278691515300508</a>	2015 Dec
The effect of vitamin E on lung pathology of sulphur mustard exposed guinea pigs	Toxicology and Industrial Health	<a href="http://journals.sagepub.com/doi/10.1177/0748233715600986">http://journals.sagepub.com/doi/10.1177/0748233715600986</a>	2015 Sep
Anti-inflammatory, antioxidant, and immunomodulatory aspects of Nigella sativa for its preventive and bronchodilatory effects on obstructive respiratory diseases: A review of basic and clinical evidence.	Journal of Functional Foods	<a href="http://www.sciencedirect.com/science/article/pii/S1756464615003266">http://www.sciencedirect.com/science/article/pii/S1756464615003266</a>	August 2015
The relaxant effect of Nigella sativa on smooth muscles, it's possible mechanisms and clinical applications.	Iranian journal of basic medical sciences	<a href="http://ijbms.mums.ac.ir/article_3850_391.html">http://ijbms.mums.ac.ir/article_3850_391.html</a>	December 2014

The effect of hydroalcoholic extract of Cannabis Sativa on appetite hormone in rat	Journal of Complementary and Integrative Medicine	<a href="https://www.degruyter.com/view/j/jcim.2014.11.issue-4/jcim-2014-0006/jcim-2014-0006.xml">https://www.degruyter.com/view/j/jcim.2014.11.issue-4/jcim-2014-0006/jcim-2014-0006.xml</a>	December 2014
Effect of Nigella sativa on immune response in treadmill exercised rat	BMC Complementary and Alternative Medicine	<a href="http://bmccomplementalternmed.biomedcentral.com/articles/10.1186/1472-6882-14-437">http://bmccomplementalternmed.biomedcentral.com/articles/10.1186/1472-6882-14-437</a>	November 2014
The preventive effects of natural adjuvants, G2 and G2F on tracheal responsiveness and serum IL-4 and IFN- $\gamma$ (th1/th2 balance) in sensitized guinea pigs	Clinics	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4081882/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4081882/</a>	Jul 2014
Effect of fluticasone and salmeterol on tracheal responsiveness to ovalbumin and lung inflammation, administrated during and after sensitization	The Scientific World Journal	<a href="https://www.hindawi.com/journals/tswj/2014/865292/">https://www.hindawi.com/journals/tswj/2014/865292/</a>	January 2014
Evaluation of immune response after moderate and overtraining exercise in Wistar rat	Iranian journal of basic medical sciences	<a href="http://ijbms.mums.ac.ir/article_2148_0.html">http://ijbms.mums.ac.ir/article_2148_0.html</a>	January 2014
Relaxant effects of asafoetida extract and its constituent umbelliprenin on guinea-pig tracheal smooth muscle	Chinese Journal of Integrative Medicine	<a href="http://link.springer.com/article/10.1007%2Fs11655-013-1550-3">http://link.springer.com/article/10.1007%2Fs11655-013-1550-3</a>	December 2013
The effect of hydroalcoholic extract of <i>Coriandrum sativum</i> on rat appetite	Avicenna Journal of Phytomedicine	<a href="http://ajp.mums.ac.ir/article_14_0.html">http://ajp.mums.ac.ir/article_14_0.html</a>	2013 Winter
The Effect of hydro-ethanolic extract of <i>Achillea millefolium</i> on beta-adrenoceptors receptors of guinea pig tracheal smooth muscle	Indian Journal of Pharmaceutical Sciences	<a href="http://www.ijpsonline.com/articles/the-effect-of">http://www.ijpsonline.com/articles/the-effect-of</a>	July - August 2013
The effect of hydro-ethanolic extract of <i>Achillea millefolium</i> on muscarinic receptors of guinea pig tracheal smooth muscle	Indian Journal of Pharmacology	<a href="http://www.ijp-online.com/article.asp?issn=0253-7613">http://www.ijp-online.com/article.asp?issn=0253-7613</a>	January 2013
The Extract of <i>Crocus sativus</i> and Its Constituent Safranal, Affect Serum Levels of Endothelin and Total Protein in Sensitized Guinea Pigs	Iranian Journal of Basic Medical Sciences	<a href="http://ijbms.mums.ac.ir/article_1685_0.html">http://ijbms.mums.ac.ir/article_1685_0.html</a>	September 2013
Inhibitory Effect of <i>Zataria multiflora</i> Boiss and carvacrol on histamine (H <sub>1</sub> ) receptors of guinea pig tracheal chains	Fundamental Clinical Pharmacology	<a href="http://onlinelibrary.wiley.com/doi/10.1111/j.1472-8206.2011.00971.x/abstract">http://onlinelibrary.wiley.com/doi/10.1111/j.1472-8206.2011.00971.x/abstract</a>	September 2012
Possible mechanism(s) of the relaxant effect of asafoetida ( <i>Ferula assa-foetida</i> ) oleo-gum-resin extract on guinea-pig tracheal smooth muscle	Avicenna Journal of Phytomedicine	<a href="http://ajp.mums.ac.ir/article_23.html">http://ajp.mums.ac.ir/article_23.html</a>	Winter 2012
The difference of analgesic effect and tolerance to morphine between ovariectomized and intact female rats	Journal of Isfahan Medical School	<a href="http://jrms.mui.ac.ir/index.php/jims1/article/view/3723.pdf">http://jrms.mui.ac.ir/index.php/jims1/article/view/3723.pdf</a>	2010
Effects of microinjection of angiotensin II and captopril to VTA on morphine self-	Acta Biologica Hungarica	<a href="http://www.akademiai.com/doi/abs/10.1556/ABiol.60.2009.3.1">http://www.akademiai.com/doi/abs/10.1556/ABiol.60.2009.3.1</a>	2009

administration in rats			
The role of nitric oxide and protein kinase C in lipopolysaccharide-mediated vascular hyporeactivity	Journal of Pharmacy and Pharmaceutical Sciences	<a href="https://sites.ualberta.ca/~csps/JPPS9(1)/Karimi.G/LPS.htm">https://sites.ualberta.ca/~csps/JPPS9(1)/Karimi.G/LPS.htm</a>	March 2006
The effects of Genestin, a tyrosin inhibitor on acute and chronic inflammation in diabetic mice	DARU Journal of Pharmaceutical Sciences	<a href="http://daru.tums.ac.ir/index.php/daru/article/view/256">http://daru.tums.ac.ir/index.php/daru/article/view/256</a>	2006
The anti-inflammatory effects of aqueous extract of ginger root in diabetic mice	DARU Journal of Pharmaceutical Sciences	<a href="http://daru.tums.ac.ir/files/journals/1/articles/237/public/237-237-1-PB.pdf">http://daru.tums.ac.ir/files/journals/1/articles/237/public/237-237-1-PB.pdf</a>	2005

### Publications (Conference Full Papers)

Title of the Article	Title and Place	Web site conference	Date

### International Refereed Conferences:

Title of the Article	Title and Place	Date
The effect of recovered overtrained exercise on mitogen-stimulated and non-stimulated splenocytes response.	2 <sup>nd</sup> International nastaran cancer symposium. Mashhad, Iran	28-29 September 2016
The effect of curcumin in breast cancer prevention and treatment	2 <sup>nd</sup> International nastaran cancer symposium. Mashhad, Iran	28-29 September 2016
The effect of overtraining exercise on mitogen-stimulated and non-stimulated splenocytes response	3 <sup>rd</sup> International Congress of Immunology, Asthma and allergy. Mashhad	3-6 May 2016
Effect of <i>Nigella sativa</i> on immune response in aerobic treadmill exercised rat	1 <sup>st</sup> International and 22 <sup>nd</sup> Iranian Congress of Physiology and Pharmacology. Kashan	7-11 September 2015
Dose asafoetida ( <i>Ferula assa-foetida</i> oleo-gum-resin) Extract Has Relaxant Effects on Guinea-Pig Tracheal Chains.	12th Iranian Congress of Biochemistry & 4 <sup>th</sup> International Congress of Biochemistry & Molecular Biology. Mashhad, Iran	6-9 September 2011
Effect of Tanacetum Parthenium (feverfew) in Treatment of Migraine Headache Comparing to Dihydroergotamine and Placebo	2011 American academy of pain medicine (AAPM) Annual Meeting, Maryland, United States	March 24 - 27 2011

### National Refereed Conferences:

Title of the Article	Title and Place	Date
Preventive and relieving effects of <i>Nigella sativa</i> on obstructive respiratory diseases, basic and clinical evidences	National Congress on Medicinal Plants. Isfahan	18-19 May 2016
Effects of different loads of exercise and <i>Nigella sativa</i> treatment on serologic and hematologic parameters in rat.	5 <sup>th</sup> National Congress on Medicinal Plants. Isfahan	18-19 May 2016
Effects of different load of exercise on Th1/Th2 balance of immune system in rat	1 <sup>st</sup> National Congress of Exercise and Cancer. Kish Island	28-29 January 2016

Immune response to moderate endurance exercise in male wistar rats.	21 <sup>st</sup> Iranian Congress of Physiology and Pharmacology. Tabriz	23-27 August 2013
Relaxant effects of asafoetida (Ferula Assa-foetida oleo-gum-resin) extract and umbelliprenin on guinea-pig tracheal smooth muscle and their probable mechanisms	20 <sup>st</sup> Iranian Congress of Physiology and Pharmacology. Hamedan	Oct. 2011
Hyporeactivity to Vasodilator and Vasoconstrictor Agents in Endotoxin Induced Septic Shock in Rat.	19 <sup>th</sup> Iranian Congress of Physiology and Pharmacology, Tehran-Iran	3-6 November, 2009
Nitric Oxide, its role in the pathogenesis of hypothyroidism.	18 <sup>th</sup> Iranian Congress of Physiology and Pharmacology, Mashhad-Iran	August 26-30, 2007
Role of protein kinase C in hyporeactivity of kidney's vascular bed isolated from endotoxin treated rats.	18 <sup>th</sup> Iranian Congress of Physiology and Pharmacology, Mashhad-Iran	August 26-30, 2007
Effects of chelerythrine on vascular hyporesponsiveness during septic shock	17 <sup>th</sup> Iranian Congress of Physiology and Pharmacology	Oct 4-7, 2005.
The promotion of educational material typing process in Vali Asr Hospital.	3 <sup>th</sup> seminar of TQM. Mashad Medical University	2004
Effect of ginger root Extract for reducing inflammation in the diabetic mice.	16 <sup>th</sup> Iranian Congress of Physiology and Pharmacology	May 9-13, 2003

#### Awards, Honorary Degrees, Medals:

Title	Presented by	Country	Date
Lecturing in continues educating program	The deputy of Treatment of Mashhad University of Medical Sciences	Iran	2003-2004
Top Student of MS.c course (2004)	The deputy of Education of Mashhad University of Medical Sciences	Iran	2004
Top Student of PhD course (2013)	The deputy of Treatment of Mashhad University of Medical Sciences	Iran	2013

#### Membership to Scientific Associations:

Name of Institution /Association	Country	Date
Iranian Physiology and Pharmacology Society	Iran	2003-to date
International Society of Exercise and Immunology	International Society	2016-to date

#### Activities:


#### Research Interests:

Exercise and respiratory physiology
Using Complementary and alternative medicine or life style modification for health improvement
Role of medicinal plant in disease prevention and treatment (e.g. inflammation and cancer)