

“Curriculum Vitae”



Meysam Shirzad MD, PhD

Born in 1978 - Tehran, Iran

Married- two children

Graduated in Medicine: 2004

PhD in traditional Persian medicine: 2013

Assistant Professor of School of Persian Medicine, Tehran University of

Medical Sciences 2014-2021

Faculty Academic Appointment: Vice Dean for Education of School of Persian Medicine
2015-2018

Special Fields: Neuropsychiatry in Traditional Persian medicine, Gastroenterology in
Traditional Persian medicine

Emails: shirzad@tums.ac.ir- shirzadmd@gmail.com

ORCID ID: <https://orcid.org/0000-0003-4724-163X>

Office Address: No. 27, Sarparast Ave., Taleqani St., Tehran, Iran- Postal code: 1416663361

Work Phone: +982188990837-8

Work FAX: +982188990829

Clinical Experiences:

- 1) General practitioner: General clinics in Tehran, 2004-2007
- 2) Working as an assistant in traditional Persian medicine, Mostafa Khomeini hospital, Tehran, Iran, 2007-2013
- 3) Working as a specialist in traditional Persian medicine, Tehran, Iran, 2013-now

Clinical specific fields:

- 1) Neuropsychiatry in Persian medicine
- 2) Andrology in Persian medicine

Journal editorial board:

- 1- Traditional Medicine Research (since 2019)
<https://www.tmrjournals.com/tmr/EN/column/column33.shtml>
- 2- Medical History Journal (since 2013)
<http://journals.sbmu.ac.ir/mh/about/editorialTeam>

Publications:

- 1) Mehraban MS, Shirzad M, Ahmadian-Attari MM, Shakeri R, Kashani LM, Tabarraei M, Shirbeigi L. Effect of rose oil on Gastroesophageal Reflux Disease in comparison with omeprazole: A double-blind controlled trial. *Complementary Therapies in Clinical Practice*. 2021 May 1;43:101361.
- 2) Moosavi-Asil SH, Ahmadian-Attari MM, Shirzad M, Yekaninejad MS, Nikoobakht MR, Karimi M. Effect of a topical polyherbal formulation for premature ejaculation: A randomized triple-blind placebo-controlled trial. *Advances in Integrative Medicine*. 2020 Oct 10.
- 3) Shirzad M, Ahmadian-Attari MM, Ghafoori S, Kashani LM, Pasalar M, Abbassian A, Agah S. Formulation, Standardization, and a Preliminary Before-After Clinical Trial on Effect of a Traditional Herbal Formula (Maqliasa) on Manifestations of Ulcerative Colitis. *Current drug discovery technologies*. 2021 Jan 1;18(1):113-9.
- 4) Moosavi-Asil SH, Dadmehr M, Tabrizian F, Shirzad M. A Review on Management of Urolithiasis in Medieval Persia. *Urology*. 2020 Apr 1;138:1-4.
- 5) Tavakoli A, Shirzad M, Taghavi A, Fattahi M, Ahmadian-Attari M, Taghizadeh LM, Chaijan MR, Rahimabadi MS, Akrami R, Pasalar M. Efficacy of Rose Oil Soft Capsules on Clinical Outcomes in Ulcerative Colitis: A Pilot Randomized, Double-Blinded, Placebo-Controlled Clinical Trial. *Galen Medical Journal*. 2019 Jul 7;8:1307.
- 6) Comparison of Two Different Traditional Methods of Rose Oil Preparation in Terms of Physicochemical Factors, Leila Mohammad-Taghizadeh Kashani, Mohammad Reza Memarzadeh, Alireza Hatami, Meysam Shirzad, Mohammad Mahdi Ahmadian-Attari, *Trad Integr Med*, Vol 1, Issue 2, 2016
- 7) Different traditional methods of nux-vomica detoxification have therapeutic rationale, Leila Mohammad Taghizadeh Kashani, Alireza Hatami, Alireza Safaei, Meysam Shirzad, Mohammad Mahdi Ahmadian-Attari, *J Nat Pharm Prod*. 2016 February; 11(1): e25360.
- 8) Physiopathology of Dementia in Iranian Traditional Medicine, Mohammad Mahdi Ahmadian-Attari, Meysam Shirzad, *J Evid Based Complementary Altern Med*, 2016, Vol. 21(4) 253-254
- 9) Treatment of Alzheimer's disease in Iranian Traditional Medicine, Ahmadian-Attari MM., Ahmadiani A., Kamalinejad M., Dargahi L., Shirzad M., Mosaddegh M. *Iran Red Crescent Med J*. 2015 January; 17(1): e18052.
- 10) The relationship between heart and stomach in Iranian traditional medicine: a new concept in cardiovascular disease management. Meysam Shirzad*, Mahmoud

Mosaddegh, Bagher Minaii, Alireza Nikbakht Nasrabadi, Mohammad Mahdi Ahmadian-Attari, *Int J Cardiol*, 2013, 165(3), pp. 556-7

- 11) Jovārish-e Jālīnūs, the Herbal Treatment of Gastro-Esophageal Reflux Disease in the History of Medicine. Mahmoud Mosaddegh ,Meysam Shirzad*, Mohammad Bagher Minaii, Mohammad Mahdi Ahmadian-Attari, Alireza Abbassian, Majid Anushiravani, *Res Hist Med* 2013; 2(2)
- 12) Gas as a Cause of Spinal Pains: A Possible New Syndrome, Alireza Abbassian, Bagher Minaee, Alireza Nikbakht Nasrabadi, Abdolrahman Rostamian, Meysam Shirzad*, *Iranian J Publ Health*, Vol. 42, No.1, Jan 2013, pp. 110-112

Congresses:

- 1) A Preliminary Study on Rosa damascena Mill L. Oil in Ulcerative Colitis Patients, Mehdi Pasalar, Meysam Shirzad, et al., 14th International Congress on Complementary Alternative Medicine, Brisbane, Australia, May 2019, Oral Presentation
- 2) Effect of Bastibaj, a Traditional Persian Formula, on Premature Ejaculation: A Pilot Clinical Trial, Meysam Shirzad, Mohammad Mahdi Ahmadian-Attari, Seyed Hamed Moosavi-Asil, Leila Mohammad Taghizadeh, 8th National Congress on Medicinal Plants, Tehran, Iran, April 2019, As Poster
- 3) Parallelism in the Effect of Rose Oil Softgel and Omeprazole Capsule on Manifestations of Gastro-Esophageal Reflux Disease: A Double Blind Randomized Controlled Trial, Meysam Shirzad, Shahram Agah, Mohammadmahdi Ahmadian-Attari, Leila Mohammad Taghizadeh, Afsaneh Aghaei Kolou, 7th National Congress on Medicinal Plants, Shiraz, Iran, 2018, As Poster
- 4) Analysis of Different Market Samples of “Booreh-e Armani”, a Mineral Compound Used in Iranian Traditional Medicine, Mohammad Mahdi Ahmadian-Attari, Alireza Hatami, Seyed Mohsen Siadat, Meysam Shirzad, Leila Mohammad Taghizadeh Kashani, 7th National Congress on Medicinal Plants, Shiraz, Iran, 2018, As Poster
- 5) Maqliasa, An Iranian Traditional Drug Can Reduce Clinical Manifestations of Ulcerative Colitis: A Pilot Study; Meysam Shirzad, Mohammad Mahdi Ahmadian-Attari, et al., 5th National Congress on Medicinal Plants, Isfahan, Iran, 2016, As Poster
- 6) Effectiveness of Rose Oil Softgel on Gastritis: A Case Series Study. Meysam Shirzad, Seyyed Nima Shariatpanahi, Mohammad Mahdi Ahmadian-Attari, Leila Mohammad Taghizadeh-Kashani, 2nd National Congress on Medicinal Plants, Tehran, Iran, 2012, As Poster
- 7) Inflammatory Bowel Disease in Iranian Traditional Medicine: A Comparative Study, Meysam Shirzad, et al. 1st National Congress on Medicinal Plants, Kish Island, Iran, Mar. 2012, As poster
- 8) Opioid Dependence and Treatment of Withdrawal in Iranian Traditional Medicine and Conventional Medicine, Leila Mohammad Taghizadeh-Kashani, Mohammad Mahdi

Ahmadian-Attari, Nima Shariatpanahi, Maryam Nikzad, Meysam Shirzad. 1st National Congress on Medicinal Plants, Kish Island, Iran, Mar. 2012, As poster

- 9) Management of Depressive Disorders in Iranian Traditional Medicine, Seyyed Nima Shariatpanahi, Mohammad Mahdi Ahmadian-Attari, Meysam Shirzad, Maryam Nikzad, Leila Mohammad Taghizadeh-Kashani, 1st National Congress on Medicinal Plants, Kish Island, Iran, Mar. 2012, As poster
- 10) Chromatographic Fingerprinting As An Effective Tool for Analysis of Traditional Formulations: An Example of Quince Oxymel, Mohammad Mahdi Ahmadian-Attari, Leila Mohammad Taghizadeh-Kashani, Seyyed Nima Shariatpanahi, Meysam Shirzad, Maryam Nikzad, 1st National Congress on Medicinal Plants, Kish Island, Iran, Mar. 2012, As poster
- 11) Management of Bedwetting Based on Iranian Traditional Medicine, Maryam Nikzad, Mohammad Mahdi Ahmadian-Attari, Seyyed Nima Shariatpanahi, Meysam Shirzad, Leila Mohammad Taghizadeh-Kashani, 1st National Congress on Medicinal Plants, Kish Island, Iran, Mar. 2012, As poster
- 12) "Ethnomedicine: An Important Recourse of Drug Discovery And Development", Meisam Shirzad, Hossein Rezaeizade, Taiebe Taheripanah, Monire Motaharifard. ABSTRACT FOR 6th INTERNATIONAL TRADITIONAL / COMPLEMENTARY MEDICINE CONFERENCE (INTRACOM) AND 3RD INTERNATIONAL CONGRESS ON TRADITIONAL MEDICINE AND MATERIA MEDICA, 17th -20th Jul 2007, Kuala Lumpur, Malaysia, As poster
- 13) "Fever As a Disease and Not Only A Sign In Traditional Iranian Medicine", Hossein Rezaeizade, Taiebe Taheripanah, Meisam Shirzad, Mehrdad Karimi, Monire Motaharifard, ABSTRACT FOR 6th INTERNATIONAL TRADITIONAL / COMPLEMENTARY MEDICINE CONFERENCE (INTRACOM) AND 3RD INTERNATIONAL CONGRESS ON TRADITIONAL MEDICINE AND MATERIA MEDICA, 17th -20th Jul 2007, Kuala Lumpur, Malaysia, As poster
- 14) "Comparison of Nephrolithiasis Treatment Methods in Traditional Iranian Medicine and Allopathic Medicine", Hossein Rezaeizade, Taiebe Taheripanah, Meisam Shirzad, ABSTRACT FOR 6th INTERNATIONAL TRADITIONAL / COMPLEMENTARY MEDICINE CONFERENCE (INTRACOM) AND 3RD INTERNATIONAL CONGRESS ON TRADITIONAL MEDICINE AND MATERIA MEDICA, 17th -20th Jul 2007, Kuala Lumpur, Malaysia, As poster

Lectures and teaching experiences in English:

- 1) "Lifestyle Modification and in traditional Persian medicine", Winter school, Tehran University of Medical Sciences, Tehran, Iran, 22nd & 23rd Jan. 2019
- 2) "Lifestyle Modification in traditional Persian medicine", Traditional Persian Medicine Seminar, Windischgarsten, Austria, 13th & 14th Oct. 2018
- 3) "Nutrition (food and drink) and GI & liver diseases", summer school, Tehran University of Medical Sciences, Tehran, Iran, 7th-9th Aug 2018
- 4) "Common disorders of gastrointestinal tract from the perspective of traditional Persian medicine" 2nd TEM Meets TPM Symposium, Vienna, Austria, 21st & 22nd Oct. 2017
- 5) "An introduction to principles of traditional Persian medicine" 1st TEM Meets TPM Symposium, Vienna, Austria, 10th & 11th Sep. 2016
- 6) Workshop for Austrian students "Psychological and Psychiatric viewpoint of traditional Persian medicine", Tehran University of Medical Sciences, Tehran, Iran, 23rd June 2016
- 7) Workshop for Taiwanese student "Manual techniques in traditional Persian medicine" Tehran University of Medical Sciences, Tehran, Iran, 8th & 9th Oct. 2016

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