



Tabriz University of Medical Sciences (TUOMS)
School of Medicine

Curriculum Vitae

Personal Data:

First name: Mostafa

Last name: Araj-Khodaei

Nationality: : Iranian

Date of birth: April ۱۷, ۱۹۷۶

Place of birth: Tabriz – Iran

Marital status: Married – ۱ child

Specialty: Persian medicine

Academic rank: Assistant Professor

Department/Research Center: Department of Persian Medicine /Aging Research
Institute

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***h*-index (Scopus):** ۲

ORCID ID: ۰۰۰۰-۰۰۰۲-۲۰۹۰-۸۴۶۷

Scopus ID: ۰۷۲۰۵۶۰۰۸۰۹

Researcher ID: E-۴۲۱۲-۲۰۱۸

ORCID:

Fields of interest

- ۱). Diabetes mellitus
- ۲). Depression
- ۳). Traditional Persian Medicine
- ۴). Complementary and Alternative Medicine

Skills: (language, software...)

Language Skills:
Persian
Azeri
English

Educational Background:

Date	Degree	Institution	Country
۲۰۰۴	MD	Tabriz University of Medical Sciences	Iran
۲۰۱۶	Ph.D	Traditional Persian Medicine, Shahed University.	Iran

Sabbaticals:

Start and End Date (month/year)	Details
6/2015-11/2015	Sabbatical Leave, Department of Neuroscience and Pharmacology University of Copenhagen, Copenhagen, Denmark

Thesis

Degree	Title
Ph.D.	The effect of Urtica Dioica (Nettle) on blood glucose parameters and lipid profile in patients with type 2 diabetes: a double-blind clinical trial
Ph.D.	The effect of saffron and Melissa Officinalis on blood glucose parameters and lipid profile in patients with type 2 diabetes: a double blind clinical trial
Ph.D.	The effect of Eating and Drinking habits from Persian Medicine point of view in Elderly Malnutrition
Ph.D.	Evaluation of the effect of Ficus carica and Juglans regia Product on the treatment of functional Constipation of older Adults, A double blind randomized clinical trial.
M.D	Evaluation of knowledge, Attitude and Usage of Complementary and Alternative Medicine by physicians and patients referring to

	emergency departments of Tabriz teaching hospitals
Ph.D.	Evaluation of Echium amoenum L. Hydro-alcoholic Extract Effect on Anxiety & Depressive-Like Behaviors in a Mice Model of Chronic Restraint Stress
Ph.D.	Evaluation of Melissa Officinalis L. Hydro alcoholic extract effect on Anxiety & Depressive-Like Behaviors in a Mice model of Chronic Restraint Stress
Residency	Evaluation of the therapeutic effects of capsules containing Melissa officinalis on the clinical and electrodiagnostic findings of patients with type 2 diabetes : A Randomized Double-Blind Clinical Trial
Residency	Evaluation of the therapeutic effects of saffron (Crocus sativus) on clinical and electrodiagnostic symptoms of patients with type 2 diabetes: a double-blind clinical trial
Master	Study of History of epilepsy
Ph.D.	Co-delivery of methotrexate and extracted berberine from berberine vulgaris-Lby PAMAM dendrimer for evaluation of their anticancer effect on HeLa cancer cell line compared to each one berberin and methotrexate effect alone invitro
Master	The survey of attitude, practice and causes of tendency to common traditional therapies among rural elderly people in Miandoab, Iran
M.D	level of knowledge and attitude of the medical educated people about medicinal herbs
Ph.D.	Evaluation of combination anti-cancer effect of methotroxate and melissa officinalis as a herbal component on HeLa cancer cell line

Residency	Evaluation of the effects of capsules containing <i>Crocus sativus</i> and capsules containing <i>melissa officinalis</i> on falling risk and antropometric indicators of patients with type 2 diabetes: A randomized double blind clinical trial
Ph.D.	Prevalence of General maltemperaments in patients with Hypertension referred to Cardiovascular clinics of Tabriz University of Medical Sciences in 2018
Ph.D.	Effect of <i>Crocus sativus stigma</i> ethanolic extract on cognitive criteria, anti-inflammatory and antioxidant markers in Nesyan patients (Alzheimer's disease)
Master	The history of Old age health in Persian Medicine From Selected manuscripts
Master	The effect of cognitive-behavioral counseling with/without Neroli essence on sleep quality of pregnant women: a randomised controlled trial

Educational experience

Teaching

Date (month/year)	Course Name, Venue (Institution, Address)
۲۰۱۸-ongoing	Medical and Paramedical students, Tabriz University of Medical Sciences, Tabriz, Iran.
۲۰۱۶-۲۰۱۸	Ph.D. Students of Traditional Persian Medicine, Faculty of Medicine, Shahed University, Tehran, Iran.

Workshop(s)

Date (month/year)	Course Name, Venue (Institution, Address)

Lecture(s)

Date (month/year)	Details

Research Activities:

Research areas, Interests

- ۱). Evaluation of Knowledge and Attitude of Students of Tabriz University of Medical Science about HIV/AIDS, ۲۰۰۲
- ۲). Scientific visit to China, Beijing in coordination with HIV/AIDS team group of United Nation in Iran, ۲۰۰۳
- ۳). Assessment of effect of Melissa officinallis and Lavandula angustifolia products in treatment of depression. ۲۰۱۴
- ۴). Evaluation of knowledge, Attitude and Usage of Complementary and Alternative Medicine by physicians, nurses and patients referring to emergency departments of Tabriz teaching hospitals. ۲۰۱۵
- ۵). Evaluating the knowledge and Interest of Using Complementary and Alternative Medicine by physicians and patients referring to academic specialty psychiatry clinics of Tabriz University of Medical Science. ۲۰۱۶

Books:

N	Title	authors	Publisher	Authorship/ Translation/

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Selected articles:

N	Title	authors	Journal	Year	Indexed in (Scopus, Medline, WOS,)
۱	The effect of similar education on the level of knowledge of doctoral students of Tabriz University of Medical Sciences about the ways of transmission and prevention of infection and AIDS	Warshoji Mojtaba, Jahani Roozbeh, Alizadeh Mahasti, Judati Ahmadreza, Fakhari Ali, Araj Khodaei Seyed Mostafa, Ershadmanesh Mashaalah, Sedighi Behnam, Dehghani Abbas Ali, Mirzaei Mohammadreza, Khosh Baten Manouchehr	(IRANIAN JOURNAL OF INFECTIOUS DISEASES AND TROPICAL MEDICINE)	۲۰۰۸	
۲	Avicenna (۹۸۰-۱۰۳۷CE): The pioneer in treatment of depression	Mostafa Araj Khodaei, Ahmad Ali Noorbala, Zahra Parsian, Somaiyeh Taheri Targhi, Fatemeh Emadi, Fatemeh Alijaniha, Mohsen Naseri, Arman Zargaran	Transylvanian Review	۲۰۱۷	ISI, Scopus, DOAJ
۳	Healthy lifestyle in prevention and treatment of depression from the	Mostafa Araj Khodaei, Farzaneh Ghaffari, Fatemeh Emadi, Elham Emaratkar, Fatemeh Alijaniha,	Medical History Journal	۲۰۱۷	

	view of Iranian traditional medicine	Ahmad Ali Noorbala, Mohsen Naseri			
٤	Avicenna (٩٨٠-١٠٣٧ CE) and his Early Description and Classification of Dementia	Somaiyeh Taheri-Targhi, Albert Gjedde, Mostafa Araj-Khodaei, Reza Rikhtegar, Zahra Parsian, Sina Zarrintan, Mohammadali Torbati, Manouchehr Seyedi Vafae	Journal of Alzheimer's Disease	٢٠١٩	ISI, Scopus, PubMed, Embase
٥	First report of a disease by rhazes ١٠ centuries ago	Rouzbeh R Ghafouri, Mostafa Araj-Khodaei, Somaiyeh T Targhi, Mojtaba Varshochi, Zahra Parsian, Reza Yarani, Samad EJ Golzari	International journal of preventive medicine	٢٠١٩	ISI (ESCI), Scopus, PubMed, Embase
٦	Antidepressant and Anxiolytic Effect of Echium amoenum in Restraint Stress Model: The Role of Neuroinflammation in the Prefrontal Cortex and Hippocampus	Mohammad Nouri, Fereshteh Farajdokht, Mohammadali Torbati, Fatemeh Ranjbar, Sanaz Hamedyazdan, Saeed Sadigh-Eteghad, Mostafa Araj-Khodaei	Iranian Red Crescent Medical Journal	٢٠١٩	ISI, Embase
٧	Melissa officinalis L. hydro-alcoholic extract inhibits anxiety and depression through prevention of central oxidative stress and	Javid Ghazizadeh, Sanaz Hamedeyazdan, Mohammadali Torbati, Fereshteh Farajdokht, Ali Fakhari, Javad Mahmoudi, Mostafa Araj-khodaei, Saeed	Experimental Physiology	٢٠٢٠	ISI, Scopus, PubMed, Embase

	apoptosis	Sadigh-Eteghad			
۸	A double-blind, randomized pilot study for comparison of Melissa officinalis L. and Lavandula angustifolia Mill. with Fluoxetine for the treatment of depression	Mostafa Araj-Khodaei, Ahmad Ali Noorbala, Reza Yarani, Fatemeh Emadi, Elham Emaratkar, Soghrat Faghihzadeh, Zahra Parsian, Fatemeh Alijaniha, Mohammad Kamalinejad, Mohsen Naseri	BMC complementary medicine and therapies	۲۰۲۰	ISI,Scopus, PubMed, Embase, DOAJ
۹	Clinical effects of date palm (<i>Phoenix dactylifera</i> L.): A systematic review on clinical trials	Asghar Elmi, Arman Zargaran, Mojgan Mirghafourvand, Seyed Mohammad Bagher Fazljou, Roghayeh Baghervand Navid	Complementary Therapies in Medicine	۲۰۲۰	ISI,Scopus, PubMed, Embase, DOAJ
۱۰	A Close Look at Echiium amoenum Processing, Neuroactive Components, and Effects on Neuropsychiatric Disorders	Mohammad Nouri, Fereshteh Farajdokht, Mohammadali Torbati, Fatemeh Ranjbar Kuchaksaray, Sanaz Hamedyazdan, Mostafa Araj-khodaei, Saeed Sadigh-Eteghad	Galen Medical Journal	۲۰۱۹	ISI (ESCI), Embase
۱۱	Reply to ML Puhlmann and WM de Vos	Mostafa Araj-Khodaei, Javad Ghazi-Sha'rbaf, Somaiyeh Taheri-Targhi, Reza Mohammadinasab	Advances in Nutrition	۲۰۲۰	ISI,Scopus, PubMed
۱۲	The role of hippocampal	Fereshteh Farajdokht, Armin	Molecular Biology	۲۰۲۰	ISI,Scopus,

	GABA A receptors on anxiolytic effects of Echium amoenum extract in a mice model of restraint stress	Vosoughi, Mojtaba Ziaee, Mostafa Araj-Khodaei, Javad Mahmoudi, Saeed Sadigh-Eteghad	Reports		PubMed, Embase
۱۳	Nano-based delivery systems for berberine: A modern anti-cancer herbal medicine	Hossein Majidzadeh, Mostafa Araj-Khodaei, Maryam Ghaffari, Mohammadali Torbati, Jafar Ezzati Nazhad Dolatabadi, Michael R Hamblin	Colloids and Surfaces B: Biointerfaces	۲۰۲۰	ISI,Scopus, PubMed, Embase
۱۴	Letter to the editor regarding "Galen's place in Avicenna's The Canon of Medicine: Respect, confirmation and criticism"	Mostafa Araj-Khodaei, Javad Ghazi Sha'rbaf, Somaiyeh Taheri-Targhi, Reza Mohammadinasab	Journal of Integrative Medicine	۲۰۲۰	ISI,Scopus, PubMed
۱۵	Jadwar (Delphinium denudatum Wall): a medicinal plant	Roghayeh Baghervand Navid, Mehرداد Karimi, Morteza Ghojazadeh, Seyed Mostafa Araj-Khodaei, Alireza Bagherzadeh karimi, Sanam Dolati, Mehri Bansans, Seyed Mohammad Bagher Fazljou	Traditional Medicine Research	۲۰۲۰	ISI (ESCI), DOAJ
۱۶	The Anti-Inflammatory	Maryam Ostovan, Seyyed	Journal of	۲۰۲۰	ISI,Scopus,

	Effect of Pistacia Lentiscus in a Rat Model of Colitis	Mohammad Bagher Fazljou, Hajar Khazraei, Mostafa Araj Khodaei, Mohammadli Torbati	Inflammation Research		PubMed, Embase, DOAJ
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Research projects:

N	Title	Details
۱	Evaluation of Knowledge and Attitude of Students of Tabriz University of Medical Science about HIV/AIDS, ۲۰۰۲	
۲	Scientific visit to China, Beijing in coordination with HIV/AIDS team group of United Nation in Iran, ۲۰۰۳	
۳	Assessment of effect of Melissa officinallis and Lavandula angustifolia products in treatment of depression. ۲۰۱۴	
۴	Evaluation of knowledge, Attitude and Usage of Complementary and Alternative Medicine by physicians, nurses and patients referring to emergency departments of Tabriz teaching hospitals. ۲۰۱۵	
۵	Evaluating the knowledge and Interest of Using Complementary and Alternative Medicine by physicians and patients referring to academic specialty psychiatry clinics of Tabriz University of Medical Science. ۲۰۱۶	
	Evaluation of temperament from the view of Persian medicine and it's relationship with quality of life among Tabriz older adults	
	The effect of rose essential oil on the sexual dysfunction of menopausal women	
	The Effect of Persian Medicine Products on the Clinical and Laboratory Symptoms of Patients With or Suspected of Covid-۱۹	

Positions held: (past- current)

Start and End Date	Job Title, Responsibilities and achievements
۲۰۱۸-on going	head of the department of Persian medicine
۲۰۱۹-on going	deputy of education scholar traditional medicine
۲۰۱۸-on going	Manager of aging research institute

Association Memberships (past and current)

Start and End Date	Job Title, Responsibilities and achievements
۲۰۰۴- ongoing	Iran Medical Council. Registration number: ۹۹۷۹۳,
۲۰۱۴-ongoing	Iranian Scientific Society of Traditional Persian Medicine.

Awards and Recognitions

Start and End Date	Details