

CURRICULUM VITAE

Personals:

First name: Narjes

Surname: Gorji

Date of Birth: ۱۹۸۳

Place of Birth: Tehran. Iran

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Scopus ID: 06460049300 (*h-index:* ۹)

Google-Scholar *h-index:* ۱۱

Education History:

۱- PhD in Complementary and Traditional Medicine, Tehran University of Medical Sciences. Tehran. Iran; ۲۰۱۰-۲۰۱۵

۲- Medicine (MD), Iran University of Medical Sciences. Tehran. Iran; ۲۰۰۲-۲۰۱۰

Work Experiences:

- Faculty member (Associate Professor), Babol University of medical sciences. Babol. Iran; ۲۰۲۳-present
- Faculty member (Assistant Professor), Babol University of medical sciences, Babol. Iran; ۲۰۱۶-۲۰۲۳
- Clinical experience in the field of complementary and integrative medicine; ۲۰۱۱-present
- Teaching experience in the field of complementary and integrative medicine (undergraduate & postgraduate), Babol university of Medical Sciences; ۲۰۱۵-present

Relevant Skills:

- Research and analysis
- Data gathering
- Report writing
- MS office
- Critical thinking

Highlight academic achievements:

- The Top Teacher Grant, Babol university of medical sciences. Babol. Iran; ۲۰۲۲
- The Top Researcher Grant, Babol university of medical sciences. Babol. Iran; ۲۰۲۰

- The Young Investigator Grant, Deputy of research and technology, Ministry of Health and Medical Education. Tehran. Iran; ۲۰۱۹
- The Top Researcher Grant, Babol university of medical sciences. Babol. Iran; ۲۰۱۸
- Exceptional Talent student in Tehran University of Medical Sciences. Tehran. Iran; ۲۰۰۹
- Third rank in PhD board-exam. Tehran University of Medical Sciences. Tehran. Iran; ۲۰۰۹
- Exceptional Talent student in Iran University of Medical Sciences. Tehran. Iran; ۲۰۰۴

Research Interest:

Complementary Medicine
Herbal Medicine
Integrative Neurology
Integrative Cardiology

PUBLICATIONS

۱. MM Khaledi, HM Gorji, **N Gorji**, R Ghadimi, SA Mozaffarpur, H Shirafkan, The Efficacy of a Persian Medicine-Based Dietary Protocol on Hospitalized COVID-۱۹ Patients: A Randomized Controlled Trial, Traditional and Integrative Medicine. ۲۰۲۳ (**Scopus**).
۲. R Moeini, Z Memariani, A Enayati, **N Gorji**, F Kolangi, Nephrotonic and Nephroprotective Medicinal Herbs in Traditional Persian Medicine: Review and Assessment of Scientific Evidence. Current Traditional Medicine. ۲۰۲۲; ۸ (۳): ۱۱-۲۵ (**PubMed**).
۳. M Mojahedi, R Saghebi, **N Gorji**, R Moeini, SR Hosseini, A Bijani, R Ghadimi, SA Mozaffarpur, H Shirafkan, Mizaj assessment and data analysis methods in Amirkola health and aging project (AHAP cohort), Caspian Journal of Internal Medicine. ۲۰۲۲; ۱۳ (۴): ۷۹۵-۷۹۹ (**ISI**).
۴. SA Mozaffarpur, **N Gorji**, R Heydarian, H Shirafkan, Critical Content Analysis of Narrative Version of Islamic Medicine, Journal of Babol University of Medical Sciences. ۲۰۲۰; ۲۴ (۱): ۳۲۰-۳۲۸ (**Scopus**).
۵. R Moeini, SA Mozaffarpur, M Mojahedi, SD Nasrolahpour Shirvani, **N Gorji**, R Saghebi, F Abolhassani Shahreza, H Shirafkan, The prevalence of complementary and alternative medicine use in the general population of Babol, North of Iran, ۲۰۱۸, BMC complementary medicine and therapies. ۲۰۲۱; ۲۱ (۱): ۱-۱۲ (**ISI/ IF: ۲,۸۳**).
۶. **N Gorji**, R Moeini, SA Mozaffarpur, On the therapeutic applications of music therapy in Persian medicine, Traditional and Integrative Medicine. ۲۰۲۱; ۴۱-۵۴ (**Scopus**).
۷. A Sadogh, N Gorji, R Moeini, Herbal foodstuffs in Avicenna's recommended diet to improve sperm quality and increase male fertility; an evidence-based approach, Journal of Complementary and Integrative Medicine. ۲۰۲۱; ۱۹ (۱): ۴۷-۷۰ (**PubMed**).

۸. Z Saberi, **N Gorji**, Z Memariani, R Moeini, H Shirafkan, M Amiri, Evaluation of the effect of Silybum marianum extract on menopausal symptoms: A randomized, double-blind placebo-controlled trial, *Phytotherapy Research*. ۲۰۲۰; ۳۴ (۱۲): ۳۳۵۹-۳۳۶۶ (ISI/ IF: ۶,۳۸).
۹. M Hashemi Mehr, **N Gorji**, R Moeini, Pediatric epilepsy and its treatment from the perspective of Persian Medicine, *Journal of Islamic and Iranian Traditional Medicine*. ۲۰۲۰; ۱۱ (۳): ۲۵۱-۲۶۲ (Full text in Persian).
۱۰. M Akhtari, R Moeini, M Mojahedi, N Gorji, Assessment the studies on the concept of Mizaj (temperament) in Persian Medicine, *Journal of Complementary and Integrative Medicine*. ۲۰۲۰; ۱۷ (۳) (PubMed).
۱۱. S Zakeri, S Esmaeilzadeh, **N Gorji**, Z Memariani, R Moeini, A Bijani, The effect of Achillea millefolium L. on vulvovaginal candidiasis compared with clotrimazole: A randomized controlled trial, *Complementary Therapies in Medicine*. ۲۰۲۰; ۵۲: ۱۰۲۴۸۳ (ISI/ IF: ۳,۳۳).
۱۲. SA Mozaffarpur, M Naseri, M Kamalinejad, MA Shams, Z Memariani, R Moeini, **N Gorji**, A Moradi Farahani, H Shirafkan, Nine steps to discover new medicines from traditional sources: the example of Persian medicine, *The Journal of Alternative and Complementary Medicine*. ۲۰۲۰; ۲۶ (۵): ۳۶۵-۳۶۸ (ISI/ IF: ۲,۵۷).
۱۳. B Ghazizadeh, R Moeini, **N Gorji**, Z Memariani, An Overview of the Life, Publications and Achievements of the Famous Physicians of the Nafisi Family and Their Role in the Medical History of Iran from the ۹th to the ۱۴th Century AH, *Medical History*. ۲۰۲۰; ۱۲ (۴۴) (Full text in Persian).
۱۴. M Iranzadasl, P Mansouri, M Kamalinejad, **N Gorji**, Review of skin cancers terminology, etiology and treatment from ancient Persian medicine view point, *Journal of Medicinal Plants*. ۲۰۲۰; ۱۹ (۷۳): ۲۷-۳۶ (Scopus).
۱۵. M Naeimi, **N Gorji**, Z Memariani, R Moeini, M Kamalinejad, F Kolangi, Gastroprotective herbs for headache management in Persian medicine: A comprehensive review, *Journal of Integrative Medicine*. ۲۰۲۰; ۱۸ (۱): ۱-۱۲ (ISI/ IF: ۳,۹۵).
۱۶. Moslemifard M, **Gorji N**, Ghadimi R, Kamalinejad M, Shirafkan H, Mozaffarpur SA.. Hospital diet for COVID-۱۹, an acute respiratory infectious disease: An evidence-based Protocol of a Clinical Trial. *Caspian J Intern Med*. ۲۰۲۰; ۱۱(Suppl ۱): ۴۶۶-۴۷۸ (ISI).
۱۷. S Zakeri, **N Gorji**, R Moeini, Therapeutic application of Achillea millefolium L. in female reproductive diseases from the viewpoint of Persian medicine and current medicine, *Journal of Medicinal Plants*. ۲۰۱۹; ۱۸ (۷۲): ۱۰۷-۱۲۱ (Full text in Persian).
۱۸. R Moeini, Z Memariani, F Asadi, M Bozorgi, **N Gorji**, Pistacia genus as a potential source of neuroprotective natural products, *Planta medica*. ۲۰۱۹; ۸۵ (۱۷): ۱۳۲۶-۱۳۵۰ (ISI/ IF: ۳,۰۰).
۱۹. Naeimi, M., Shafiee, M., Kermanshahi, F. **Gorji, N.**, Hassanian, S.M. Saffron (*Crocus sativus*) in the treatment of gastrointestinal cancers: Current findings and potential mechanisms of action., *Journal of Cellular Biochemistry*. ۲۰۱۹. ۱۲۰(۱۰) (ISI/ IF: ۴,۴۸).
۲۰. M Naeimi, H Kianifar, Z Memariani, M Kamalinejad, A Bijani, R Saghebi, **N Gorji**, Comparison of the Efficacy of Ranitidine and Quince Syrup on Gastroesophageal

- Reflux Disease in Children. *Complementary Therapies in Medicine*, ۲۰۱۹; ۴۵:۲۱۵-۲۲۱ (ISI/ IF: ۳,۳۳).
۲۱. **Gorji N**, Moeini R, Memariani Z. Almond, hazelnut and walnut, three nuts for neuroprotection in Alzheimer's disease: a neuropharmacological review of their bioactive constituents. *Pharmacological research*. ۲۰۱۸; ۱۲۹:۱۱۵-۱۲۷ (ISI/ IF: ۱۰,۳۳).
 ۲۲. Z Mahmoudpour, H Shirafkan, M Mojahedi, **N Gorji**, SA Mozaffarpur. Digesters in traditional Persian medicine. *Caspian journal of internal medicine*. ۲۰۱۸. ۹ (۱):۱ (ISI).
 ۲۳. Moeini R, Farhan F, Mofid B, Rezaeizadeh H, **Gorji N**, Ghobadi A, Jaladat AM, Khanavi M. The effect of the combination of *Malva sylvestris* L. and *Althaea digitata* Boiss. on prevention of acute radiation proctitis in patients with prostate cancer. *Journal of Herbal Medicine*. ۲۰۱۸; ۲ (ISI/ IF: ۲,۵۴).
 ۲۴. Zakeri S, **Gorji N**, Akhtari M, Moeini R. Splenectomy may have more complications than currently proven. *Medical hypotheses*. ۲۰۱۸; ۱۲:۴۳-۶ (ISI/ IF: ۴,۴۱).
 ۲۵. Memariani Z, Moeini R, Hamed SS, **Gorji N**, Mozaffarpur SA. Medicinal plants with antithrombotic property in Persian medicine: a mechanistic review. *Journal of thrombosis and thrombolysis*. ۲۰۱۸; ۴۵(۱):۱۵۸-۷۹ (ISI/ IF: ۵,۲۲).
 ۲۶. Alizadeh M, Changizi-Ashtiyani S, Hamidi H, **Gorji N**. Topical Application of the Hydroalcoholic Extract of *Allium porrum* L. as a Novel Treatment for Common Warts based on Persian Medicine. *Journal of Kerman University of Medical Sciences*. ۲۰۱۸; ۲۵(۱):۹۳-۱۰۰ (Scopus).
 ۲۷. S Zakeri, **N Gorji**, R Moeini, HM Kenari, SA Mozaffarpur. Grief management based on Persian Medicine. *Traditional and Integrative Medicine*. ۲۰۱۸; ۳ (۴): ۲۰۸-۲۱۸ (Scopus).
 ۲۸. **N Gorji**, M Naeimi, R Moeini, Z Memariani, F Kolangi. An Approach to Hair Loss and its Management in Persian Medicine. *Traditional and Integrative Medicine*. ۲۰۱۸; ۳ (۳):۱۲۷-۱۳۷ (Scopus).
 ۲۹. Kolangi F, Memariani Z, **Gorji N**, Mozaffarpur S, Moeini R, Saghebi R et al. Herbs from Iranian Traditional Medicine for Reinforcement of Kidney and Prevention of Renal Atrophy. *Journal of Medicinal Plants*. ۲۰۱۷; ۴ (۶۴):۲۱-۳۱ (Scopus).
 ۳۰. Ghods R, Moeini R, **Gorji N**, Ghorbani F. Investigating the Causes of Heart Failure based on Persian Medicine Point of View. *Journal of Babol University of Medical Sciences*. ۲۰۱۷; ۱۹(۷):۷۲-۸ (Full text in Persian).
 ۳۱. **Gorji N**, Moeini R, Mozaffarpour S, Mojahedi M. Breath holding as a specific type of breathing training from the viewpoint of Avicenna. *Polish archives of internal medicine*. ۲۰۱۷; ۱۲۷(۳):۲۱۴ (ISI/ IF: ۵,۲۱).
 ۳۲. Ghods R, **Gorji N**, Moeini R, Ghorbani F. Semiology and management of heart failure according to Traditional Persian Medicine views. *Complementary Medicine Journal of faculty of Nursing & Midwifery*. ۲۰۱۷ (Full text in Persian).
 ۳۳. Moeini R, **Gorji N**, Kolangi F. Relationship between Foamy Urine and Renal Failure: From the Viewpoint of Avicenna. *Nephron*. ۲۰۱۷; ۱۳۶(۲):۱۳۶ (ISI/ IF: ۳,۴۵).

۳۴. **Gorji N**, Moeini R. Singing as a rehabilitation method from the viewpoint of Avicenna (۹۸۰-۱۰۳۷ AD). Nature partner group primary care respiratory medicine. ۲۰۱۷ (ISI/ IF: ۳,۲۸).
۳۵. Moeini R, Memariani Z, Pasalar P, **Gorji N**. Historical root of precision medicine: an ancient concept concordant with the modern pharmacotherapy. DARU Journal of Pharmaceutical Sciences. ۲۰۱۷; ۲۰(۱):۷ (ISI/ IF: ۴,۰۸).
۳۶. Moeini R, **Gorji N**, Rezaeizadeh H, Pasalar P, Nazem E, Kamalinejad M. Etiology and treatment of cancer; view point of Persian medicine. History of Medicine Journal (Quarterly). ۲۰۱۷; ۹(۳):۵۵-۸۲ (Full text in Persian).
۳۷. **Gorji N**, Moeini R. Range of Motion Improvement in Ankylosing Spondylitis Patient with Persian Traditional Medicine; Case Report. Iranian journal of medical sciences. ۲۰۱۶; ۴۱(۳): S۵۵ (PubMed).
۳۸. R Moeini, **N Gorji**, R Ghods, SA Mozaffarpur. Quantitative and qualitative assessment of Persian traditional medicine articles indexed in Pub Med by the end of ۲۰۱۵. JBUMS, ۲۰۱۶; ۱۹(۱): ۲۱-۲۶ (Scopus).
۳۹. Moeini R, Rezaeizadeh H, Nazem E, Pasalar P, Kamalinejad M, **Gorji N**. Effect of Food Taste in Cancer Forming and Progression; Viewpoint From Persian Medicine. Iran J Cancer Preven. ۲۰۱۵ May; ۸(۳): e۲۳۱۶ (PubMed).
۴۰. **Gorji N**, Moeini R, Pasalar P, Rezaeizadeh H, Kamalinejad M, Nazem E. Cancer Biopsy in Ancient Persian Medicine: Do or Not to Do!. Iranian journal of public health. ۲۰۱۵; ۴۴(۱۰): ۱۴۴۰ (ISI/ IF: ۱,۴۷).
۴۱. **Gorji N**, Moeini R, Rezaeizadeh H, Khanavi M, Farhan F. Relationship between Post Nasal Drip (PND) and Inflammatory Bowel Disease (IBD): A New Concept on Gastrointestinal Disease Management in Persian Medicine. Iranian journal of public health. ۲۰۱۴; ۴۳(۱۲): ۱۷۲۶ (ISI/ IF: ۱,۴۷).
۴۲. Yazdian M, Agah SH, Vazifekhah M, Moeini R, **Gorji N**, Review and Classifying the Causes of Bloating and Its Treatments in the Iranian Traditional Medicine, Iranian Red Crescent Medical Journal, ۲۰۱۴ (ISI/ IF: ۰,۴۳).
۴۳. Agah S, Taleb AM, Moeini R, **Gorji N**, Nikbakht H. Cumin extract for symptom control in patients with irritable bowel syndrome: a case series. Middle East journal of digestive diseases. ۲۰۱۳; ۵(۴): ۲۱۷ (PubMed).
۴۴. Agah S, Taleb A, Moeini R, **Gorji N**, Nikbakht H, Soltani-Kermanshahi M. Chamomile efficacy in patients of the irritable bowel syndrome. Der Pharma Chemica. ۲۰۱۵; ۷(۴): ۴۱-۵ (Scopus).
۴۵. Moeini R, Khanavi M, Farhan F, **Gorji N**. Intestinal ulcers, Causes, Symptoms and Treatment in Iranian Traditional Medicine. History of Medicine Journal (Quarterly). ۲۰۱۶; ۴(۱۲): ۷۷-۱۰۴. (Full text in Persian).

Thesis:

- **Supervisor:**

۱. **PhD Thesis:** Evaluation of the effect of *Pistacia Atlantica* Oleoresin of preparation on weight loss in women ۱۸-۶۰ years old with overweight and obese ($۳۹,۹ \geq \text{BMI} \geq ۲۵$), Double-blind randomized controlled clinical trial. ۲۰۲۲-Present
۲. **PhD Thesis:** Evaluation of the effect of *Pistacia Atlantica* oleoresin on clinical symptoms of the patients with irritable bowel syndrome with constipation predominance. ۲۰۲۲-Present
۳. **PhD Thesis:** Evaluation the effect of *Pistacia Atlantica* oil on primary knee osteoarthritis ۲۰۲۱-Present
۴. **MSc Thesis:** The study of nutraceuticals introduced for strengthening memory from the ۴rd to the ۱۳th century AH based on the compiled sources of Persian Medicine ۲۰۲۱-Present
۵. **PhD Thesis:** Comparison of the effect of ranitidine syrup with Quince syrup in pediatric gastroesophageal reflux compare with ranitidine syrup. Babol University of medical science. ۲۰۱۷- ۲۰۱۹
۶. **PhD Thesis:** The Effect of *Achillea Millefolium L.* on Vulvovaginal Candidiasis Compared with Clotrimazole. Babol University of medical science. ۲۰۱۷- ۲۰۲۱
۷. **PhD Thesis:** The effect of a preparation from of *Silybum marianum* on hot flashes in postmenopausal women: A randomized double-blind placebo-controlled trial. Babol University of medical science. ۲۰۱۸- ۲۰۲۰
۸. **MSc Thesis:** An application of nasal drug delivery for management of head and neck diseases from the perspective of Persian Medicine. Babol University of medical science. ۲۰۱۸- ۲۰۲۱

- **Advisor:**

۱. **PhD Thesis:** Evaluation of the effectiveness of dietary plan for pulmonary diseases based on Traditional Persian medicine in patients with pulmonary dysfunction with probable infection with COVID-۱۹. ۲۰۲۰-۲۰۲۳
۲. **PhD Thesis:** Design and validation of the self-reported Mizaj questionnaire for seniors over ۶۰ years old. Babol University of medical science. ۲۰۱۷- ۲۰۲۰
۳. **MSc Thesis:** Textual criticism and rewriting of oral forms of compound drugs extracted from “Pezeshki Nameh” written by Aliakbar Nafisi Kermani (۱۲۶۳-۱۳۴۳ AH). ۲۰۲۰-۲۰۲۲
۴. **MSc Thesis:** The effect of *Chicorium intybus* in non-alcoholic fatty liver disease: A randomized double-blind placebo-controlled trial. Qazvin University of medical science. ۲۰۱۶- ۲۰۱۸
۵. **MSc Thesis:** Study of the trans-dermal drug delivery in the management of cardiac and pulmonary diseases in the sources of Persian Medicine Babol University of medical science. ۲۰۱۹- ۲۰۲۱

English book:

- Treatments, Nutraceuticals, Supplements, and Herbal Medicine in Neurological Disorders: Herbs for Alzheimer's disease management; clinical studies: A narrative (Chapter). Elsevier Science. ٢٠٢٣
- Treatments, Nutraceuticals, Supplements, and Herbal Medicine in Neurological Disorders: Herbs for Alzheimer's disease management; preclinical studies: A narrative (Chapter). Elsevier Science. ٢٠٢٣
- Phytonutrients in Food: From Traditional to Rational Usage (Chapter). Elsevier Science. ٢٠٢٠
- Hijamat (wet-cupping) therapy in Persian medicine, January ١٧, ٢٠١٧

International Congresses and Symposiums:

- ١- International conference on agricultural sciences, medicinal plants and traditional medicine, Georgia: ٢٠٢٠ (Oral)
- ٢- ١٤th International Congress on Complementary Medicine Research (Astralia): ٢٠١٩
- ٣- XXIst International Congress "Phytopharm (Austria): ٢٠١٧ (Poster)
- ٤- National Congress on Traditional Medicine and Pharmacy and Complementary Medicine (Iran): ٢٠١٦ (Poster)
- ٥- The ٢nd National Congress of Integrative Oncology, ٢٠١٥ (Poster)
- ٦- The first International Congress on Complementary and Alternative Medicine- ٢٠١٥ (Oral)
- ٧- ١٢th international student congress of medical sciences Groningen, the Netherlands, (٢٠٠٥)

Review for Journals:

- ١- Caspian Journal of Internal Medicine
- ٢- Journal of Complementary and Integrative Medicine
- ٣- Neurocase
- ٤- Traditional and Integrative Medicine
- ٥- Journal of Babol University of Medical Sciences
- ٦- The Journal of Medical History
- ٧- International journal of cancer management
- ٨- Complementary Medicine Journal