

Mojtaba Heydari

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Clinician-Scientist



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Education

M.D.

Shiraz Medical School, Shiraz University of Medical Sciences
Shīrāz, Iran

PhD

Shiraz University of Medical Sciences, Traditional medicine
Shīrāz, Iran

Ophthalmology residency

Shiraz University of Medical Sciences, Department of ophthalmology
Shīrāz, Iran

Awards

- 2020 [International Society for Complementary Medicine Research Scientific Article Prize](#)
- 2014 [Award for Excellence in research in Medical sciences, Shiraz University of Medical Sciences](#)
- 2013 [Top PhD candidate of Shiraz University of Medical Sciences](#)

Languages Persian, English, Arabic

Scientific Iranian Society of Ophthalmology

Memberships International Society for Complementary Medicine Research

Essence of Parsiyan Wisdom Institute

Research Center for Traditional medicine and History of Medicine

Editorial records BMC Complementary Medicine and Therapies

Frontiers in Pharmacology

Traditional and integrative medicine

Peer review for More than 20 scientific journals

Scientific Visits

Essen Integrative Medicine Clinic, Germany

PhytoLab, Vestenbergsgreuth, Germany

Hamdard University, Karachi, Pakistan

Hamdard University, Delhi, India

Prof. Dr. Fuat Sezgin Foundation for History of Sciences in Islam, Istanbul, Turkey

Publication metrics

WEB OF SCIENCE DOCUMENTS	TOTAL TIMES CITED	H-INDEX	AVERAGE CITATIONS PER DOCUMENT	AVERAGE CITATIONS PER YEAR
63	895	20 ^②	14.2	99.4

Citations are from articles indexed in the Web of Science Core Collection.

Journal Publications

1. Abdipour Mehrian SR, Uddin S, Ghahramani Z, Moshfeghinia R, Shahabi S, Haghdoost A, et al. Evidence-based practice in traditional persian medicine (TPM): a stakeholder and social network analysis. *BMC Complement Med Ther.* 2024;24(1):253.
2. Boroughani M, Tahmasbi Z, Heidari MM, Johari M, Hashempur MH, Heydari M. Potential therapeutic effects of green tea (*Camellia sinensis*) in eye diseases, a review. *Heliyon.* 2024;10(7):e28829.
3. Farjoud Kouhanjani M, Hosseini SA, Asadi-Pooya AA, Heydari M, Hosseini SMH, Farjoudi Kouhanjani HK. Historical roots of the stigma of epilepsy: A review of the classic Iranian literature. *Epilepsy Behav.* 2024;152:109644.
4. Heydari M, Kalani M, Ghasemi Y, Nejabat M. The Effect of Ophthalmic and Systemic Formulations of Latilactobacillus sakei on Clinical and Immunological Outcomes of Patients With Dry Eye Disease: A Factorial, Randomized, Placebo-controlled, and Triple-masking Clinical Trial. *Probiotics Antimicrob Proteins.* 2024;16(3):1026-35.
5. Hosseinipour A, Heydari M, Mohebbinejad A, Mosavat SH, Parkhah M, Hashempur MH. Prophylactic effect of chamomile on post-dural puncture headache in women undergoing elective cesarean section: A randomized, double blind, placebo-controlled clinical trial. *Explore (NY).* 2024;20(3):424-9.
6. Sanie-Jahromi F, Khaki M, Heydari M, Nowroozzadeh MH, Akbarizadeh AR, Daneshamouz S, et al. Effect of low dose honey on the apoptosis and inflammation gene expression in corneal limbal stem cells and keratocytes and its efficacy as an ophthalmic formulation in the treatment of dry eye: in-vitro and clinical study. *Front Med (Lausanne).* 2024;11:1359463.
7. Tajik N, Talebnejad MR, Heydari M. Occlusion therapy for amblyopia, a historical report from 9th century Persian scholar, Ali ibn Sahl ibn Rabban al-Tabari (838-870 CE). *Strabismus.* 2024;32(3):217-21.
8. Yousefi M, Reihani H, Heydari M, Nasimi Doost Azgomi R, Hashempur MH. Complementary and alternative medicine use among cancer patients in Iran: A systematic review. *Prev Med Rep.* 2024;39:102644.
9. Johari M, Karimi A, Mojarrad M, Heydari M. Comparative analysis of risk factors for retinopathy of prematurity in single and multiple birth neonates. *Int J Retina Vitreous.* 2024;10(1):21.

10. Baghban R, Talebnejad MR, Meshksar A, Heydari M, Khalili MR. Recent advancements in nanomaterial-laden contact lenses for diagnosis and treatment of glaucoma, review and update. *J Nanobiotechnology*. 2023;21(1):402.
11. Heydari M, Dalfardi B, Hajimonfarednejad M, Hashempur MH. A Historical Perspective on Diagnosing Death in Persian Medicine. *Bull Emerg Trauma*. 2023;11(4):200-1.
12. Heydari M, Khalili MR, Nowroozzadeh MH, Bamdad S, Sahebkar A, Shariati MA, et al. Therapeutic Implications of Curcumin in the Treatment of Inflammatory Eye Diseases: A Review. *Curr Pharm Biotechnol*. 2023;24(4):553-61.
13. Heydari M, Rauf A, Thiruvengadam M, Chen X, Hashempur MH. Editorial: Clinical safety of natural products, an evidence-based approach. *Front Pharmacol*. 2022;13:960556.
14. Heydari M, Rauf A, Thiruvengadam M, Chen X, Hashempur MH. Editorial: Clinical safety of natural products, an evidence-based approach. *Frontiers in pharmacology*. 2022;13:960556. Epub 2022/09/03. doi: 10.3389/fphar.2022.960556. PubMed PMID: 36052147; PubMed Central PMCID: PMC9425050.
15. Owji N, Khalili MR, Bazrafkan H, Heydari M. Long-term outcome of refractive errors in patients with congenital blepharoptosis who have undergone ptosis surgery. *Clinical & experimental optometry*. 2022;105(7):715-20. Epub 2021/09/21. doi: 10.1080/08164622.2021.1973344. PubMed PMID: 34538220.
16. Jamali H, Heydari M, Masihpour N, Khosravi A, Zare M, Shams M, et al. Serum androgens and prolactin levels in patients with keratoconus. *Clinical & experimental optometry*. 2022;1-5. Epub 2022/06/10. doi: 10.1080/08164622.2022.2081067. PubMed PMID: 35680612.
17. Heydari M, Zare M, Badie MR, Watson RR, Talebnejad MR, Afarid M. Crocin as a vision supplement. *Clinical & experimental optometry*. 2022;1-8. Epub 2022/03/02. doi: 10.1080/08164622.2022.2039554. PubMed PMID: 35231199.
18. Heydari M, Khalili MR, Nowroozzadeh MH, Bamdad S, Sahebkar A, Shariati MA, et al. Therapeutic Implications of Curcumin in the Treatment of Inflammatory Eye Diseases: A Review. *Current pharmaceutical biotechnology*. 2022. Epub 2022/06/14. doi: 10.2174/138920102366220609085614. PubMed PMID: 35692138.
19. Ashraf H, Heydari M, Shams M, Zarshenas MM, Tavakoli A, Sayadi M. Efficacy of Ginger Supplementation in Relieving Persistent Hypothyroid Symptoms in Patients with Controlled Primary Hypothyroidism: A Pilot Randomized, Double-Blind, Placebo-Controlled Clinical Trial. *Evidence-based complementary and alternative medicine : eCAM*. 2022;2022:5456855. Epub 2022/02/01. doi: 10.1155/2022/5456855. PubMed PMID: 35096113; PubMed Central PMCID: PMC9425050.
20. Ahmed S, Hasan MM, Heydari M, Rauf A, Bawazeer S, Abu-Izneid T, et al. Therapeutic potentials of crocin in medication of neurological disorders. *Food and chemical toxicology : an international journal published for the British Industrial Biological Research Association*. 2020;145:111739. Epub 2020/09/12. doi: 10.1016/j.fct.2020.111739. PubMed PMID: 32916219.
21. 8Abu-Izneid T, Rauf A, Khalil AA, Olatunde A, Khalid A, Alhumaydhi FA, et al. Nutritional and health beneficial properties of saffron (*Crocus sativus L*): a comprehensive review. *Critical reviews in food science and nutrition*. 2022;62(10):2683-706. Epub 2020/12/18. doi: 10.1080/10408398.2020.1857682. PubMed PMID: 33327732.

22. Nejabat M, Soltanzadeh K, Yasemi M, Daneshamouz S, Akbarizadeh AR, Heydari M. Efficacy of Honey-based Ophthalmic Formulation in Patients with Corneal Ulcer: A Randomized Clinical Trial. *Current drug discovery technologies.* 2021;18(3):457-62. PubMed PMID: 32056528. Epub 2020/02/15. eng.
23. Mushtaq BS, Hussain MB, Omer R, Toor HA, Waheed M, Shariati MA, et al. Moringa Oleifera in Malnutrition: A Comprehensive Review. *Current drug discovery technologies.* 2021;18(2):235-43. PubMed PMID: 31692437. Epub 2019/11/07. eng.
24. Khan A, Akram M, Thiruvengadam M, Daniyal M, Zakki SA, Munir N, et al. Anti-anxiety properties of selected medicinal plants. *Current pharmaceutical biotechnology.* 2021 Jan 22. PubMed PMID: 33480339. Epub 2021/01/23. eng.
25. Heydari M, Zare M, Badie MR, Watson RR, Talebnejad MR, Afarid M. Crocin as a vision supplement. *Clinical & experimental optometry.* 2022 Mar 1:1-8. PubMed PMID: 35231199. Epub 2022/03/02. eng.
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33. Nasiri Lari Z, Hajimonfarednejad M, Riasatian M, Abolhassanzadeh Z, Iraji A, Vojoud M, et al. Efficacy of inhaled *Lavandula angustifolia* Mill. Essential oil on sleep quality, quality of life and

- metabolic control in patients with diabetes mellitus type II and insomnia. *J Ethnopharmacol.* 2020;251:112560. Epub 2020/01/14. doi: 10.1016/j.jep.2020.112560. PubMed PMID: 31931160.
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35. Imran M, Ghorat F, Ul-Haq I, Ur-Rehman H, Aslam F, Heydari M, et al. Lycopene as a Natural Antioxidant Used to Prevent Human Health Disorders. *Antioxidants (Basel, Switzerland).* 2020;9(8). Epub 2020/08/08. doi: 10.3390/antiox9080706. PubMed PMID: 32759751; PubMed Central PMCID: PMC7464847.
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37. Aziz E, Batool R, Akhtar W, Rehman S, Shahzad T, Malik A, et al. Xanthophyll: Health benefits and therapeutic insights. *Life Sci.* 2020;240:117104. Epub 2019/11/30. doi: 10.1016/j.lfs.2019.117104. PubMed PMID: 31783054.
38. Akbari A, Nasiri K, Heydari M. Ginger (*Zingiber officinale Roscoe*) extract can improve the levels of some trace elements and total homocysteine and prevent oxidative damage induced by ethanol in rat eye. *Avicenna J Phytomed.* 2020;10(4):365-71. Epub 2020/08/28. PubMed PMID: 32850293; PubMed Central PMCID: PMC7430965.
39. Ahmed S, Hasan MM, Heydari M, Rauf A, Bawazeer S, Abu-Izneid T, et al. Therapeutic potentials of crocin in medication of neurological disorders. *Food and chemical toxicology : an international journal published for the British Industrial Biological Research Association.* 2020;145:111739. Epub 2020/09/12. doi: 10.1016/j.fct.2020.111739. PubMed PMID: 32916219.
40. Waheed M, Hussain MB, Javed A, Mushtaq Z, Hassan S, Shariati MA, et al. Honey and cancer: A mechanistic review. *Clinical nutrition (Edinburgh, Scotland).* 2019;38(6):2499-503. Epub 2019/01/15. doi: 10.1016/j.clnu.2018.12.019. PubMed PMID: 30639116.
41. Tafazoli V, Shahriari M, Heydari M, Nikbakht HA, Zarshenas MM, Nimrouzi M. The effect of *viola odorata* L. Oil for fever in children: a randomized triple-blinded placebo-controlled clinical trial. *Current drug discovery technologies.* 2019. Epub 2019/06/30. doi: 10.2174/1570163816666190620142256. PubMed PMID: 31250761.
42. Rostami N, Mosavat SH, Heydarirad G, Arbab Tafti R, Heydari M. Efficacy of topical *Citrullus colocynthis* (bitter apple) extract oil in chemotherapy-induced peripheral neuropathy: A pilot double-blind randomized placebo-controlled clinical trial. *Phytotherapy research : PTR.* 2019;33(10):2685-91. Epub 2019/08/03. doi: 10.1002/ptr.6442. PubMed PMID: 31373112.
43. Naz S, Imran M, Rauf A, Orhan IE, Shariati MA, Iahthisham Ul H, et al. Chrysin: Pharmacological and therapeutic properties. *Life Sci.* 2019;235:116797. Epub 2019/09/01. doi: 10.1016/j.lfs.2019.116797. PubMed PMID: 31472146.
44. Mushtaq BS, Hussain MB, Omer R, Toor HA, Waheed M, Shariati MA, et al. *Moringa Oleifera* in Malnutrition: A Comprehensive Review. *Current drug discovery technologies.* 2019. Epub

2019/11/07. doi: 10.2174/1570163816666191105162722. PubMed PMID: 31692437.

45. Ebrahimi F, Farzaei MH, Bahrami Soltani R, Heydari M, Naderinia K, Rahimi R. Plant-derived medicines for neuropathies: a comprehensive review of clinical evidence. *Reviews in the neurosciences*. 2019;30(6):671-84. Epub 2019/02/16. doi: 10.1515/revneuro-2018-0097. PubMed PMID: 30768427.
46. Mosavat SH, Heydari M, Hashempur MH, Dehghani SM. Use of complementary and alternative medicine among paediatric patients with hepatogastrointestinal diseases. *Eastern Mediterranean health journal = La revue de sante de la Mediterranee orientale = al-Majallah al-sihhiyah li-sharq al-mutawassit*. 2018;24(10):1018-25. Epub 2018/12/26. doi: 10.26719/2018.24.10.1018. PubMed PMID: 30582145.
47. Hashempur MH, Mosavat SH, Heydari M, Shams M. Medicinal plants' use among patients with dyslipidemia: an Iranian cross-sectional survey. *Journal of complementary & integrative medicine*. 2018;16(3). Epub 2018/11/06. doi: 10.1515/jcim-2018-0101. PubMed PMID: 30391934.
48. Atarzadeh F, Kamalinejad M, Amin G, Salehi A, Dastgheib L, Jaladat AM, et al. Topical application of Cassia fistula L. fruit gel in management of cutaneous lesions of pemphigus vulgaris: A double-blind, placebo-controlled clinical trial. *Avicenna J Phytomed*. 2018;8(6):543-51. Epub 2018/11/21. PubMed PMID: 30456202; PubMed Central PMCID: PMC6235662.
49. Saeed Mehrzadi, Bahreh Tavakolifar, Hasan Fallah Huseini, Seyed Hamdollah Mosavat, Mojtaba Heydari: *The Effects of Boswellia serrata Gum Resin on the Blood Glucose and Lipid Profile of Diabetic Patients: A Double-Blind Randomized Placebo-Controlled Clinical Trial*. 05/2018; 23(3):2515690X1877272., DOI:10.1177/2515690X18772728
50. Sajad Azmand, Mojtaba Heydari: *Medical Ethics According to Avicenna's Stance: A Synopsis*. Galen Medical Journal 02/2018; 6(4), DOI:10.22086/gmj.v6i4.768
51. Maria Niazi, Mohammad Hashem Hashempur, Mohsen Taghizadeh, Mojtaba Heydari, Abdolhamid Shariat: *Efficacy of topical Rose (Rosa damascena Mill.) oil for migraine headache: A randomized double-blinded placebo-controlled cross-over trial*. Complementary Therapies in Medicine 07/2017; 34., DOI:10.1016/j.ctim.2017.07.009
52. Mohammad Mahdi Parvizi, Mojtaba Heydari, Mohammad Reza Namazi: *Successful Treatment of Chronic Scalp Seborrheic Dermatitis Using Traditional Persian Medicine: A Case Report and Literature Review*. Galen Medical Journal 06/2017; 6(2):157-159., DOI:10.22086/GMJ.V6I2.706
53. Nahid Khalili, Reza Fereydoonzadeh, Reza Mohtashami, Saeed Mehrzadi, Mojtaba Heydari, Hasan Fallah Huseini: *Silymarin, Olibanum, and Nettle, A Mixed Herbal Formulation in the Treatment of Type II Diabetes: A Randomized, Double-Blind, Placebo-Controlled, Clinical Trial*. Journal of Evidence-Based Complementary and Alternative Medicine 03/2017; 22(3):215658721769692., DOI:10.1177/2156587217696929
54. Abolfazl Akbari, Khadijeh Nasiri, Mojtaba Heydari, Seyed Hamdollah Mosavat, Aida Iraji: *The Protective Effect of Hydroalcoholic Extract of Zingiber officinale Roscoe (Ginger) on Ethanol-Induced Reproductive Toxicity in Male Rats*. Journal of Evidence-Based Complementary and

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DOI:10.1177/215658721668769 | 01/2017; | 41(7):215658721668769., |
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56. S Kolouri, A Firoozabadi, A Salehi, MM Zarshenas, SA Dastgheib, M Heydari, H Rezaeizadeh: *Nepeta menthoides Boiss. & Buhse freeze-dried aqueous extract versus sertraline in the treatment of major depression: a double blind randomized controlled trial*. Planta Medica 12/2016; 81(S 01):S1-S381., DOI:10.1055/s-0036-1596965
57. Mohammad Mahdi Parvizi, Mojtaba Heydari: *Re: A Traditional Iranian Medicine (Majoon-e Loboob) for Idiopathic Male Infertility: A Case Series*.
58. M.H. Sedaghat, M.M. Shahmardan, M. Norouzi, M. Heydari: *Effect of Cilia Beat Frequency on Muco-ciliary Clearance*. 12/2016; 6(4):265-278.
59. Fatemeh Atarzadeh, Mojtaba Heydari, Mohammad Reza Sanaye, Gholamreza Amin: *Avicenna—A Pioneer in Dermatology*. JAMA Dermatology 11/2016; 152(11):1257., DOI:10.1001/jamadermatol.2016.0026
60. Mojtaba Heydari, Hosein Heydari, Alireza Saadati, Mohammad Gharehbeglou, Javad Tafaroji, Abolfazl Akbari: *Ethnomedicine for neonatal jaundice: A cross-sectional survey in Qom, Iran*. Journal of ethnopharmacology 10/2016; 193., DOI:10.1016/j.jep.2016.10.019
61. Seyed Hamdollah Mosavat, Mojtaba Heydari, Mohammad Hashem Hashempur, Seyed Mohsen Dehghani: *Prevalence and associated factors related to complementary and alternative medicine use among pediatric patients in a subspecialty clinic*. European Journal of Integrative Medicine 09/2016; 8:58-59., DOI:10.1016/j.eujim.2016.08.137
62. Seyed Hamdollah Mosavat, Leila Ghahramani, Zahra Sobhani, Ehsan Rahmanian Haghghi, Mahsa Rostami Chaijan, Mojtaba Heydari: *The effect of leek (*Allium iranicum* (Wendelbo)) leaves extract cream on hemorrhoid patients: A double blind randomized controlled clinical trial*. European Journal of Integrative Medicine 09/2016; 8:33-34., DOI:10.1016/j.eujim.2016.08.081
63. Mohammad Hashem Hashempur, Seyed Hamdollah Mosavat, Mojtaba Heydari, Mesbah Shams: *Herbal medicines' use and their application-determining parameters among patients with hyperlipidemia: A cross-sectional survey*. European Journal of Integrative Medicine 09/2016; 8:18., DOI:10.1016/j.eujim.2016.08.044
64. Mehdi Pasalar, Hossein Rezaeizadeh, Maryam Ranjbar, Mojtaba Heydari, Ali Tavakoli: *Prevention of epilepsy from the viewpoint of Traditional Persian Medicine*. European Journal of Integrative Medicine 09/2016; 8:59., DOI:10.1016/j.eujim.2016.08.138
65. Nasrin Babadaei Samani, Azam Jokar, Mahmood Soveid, Mojtaba Heydari, Seyed Hamdollah Mosavat: *Efficacy of the Hydroalcoholic Extract of *Tribulus terrestris* on the Serum Glucose and Lipid Profile of Women With Diabetes Mellitus: A Double-Blind Randomized Placebo-Controlled Clinical Trial*. Journal of Evidence-Based Complementary and Alternative Medicine 06/2016; 21(4), DOI:10.1177/2156587216650775
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68. Mojtaba Heydari: *Iranian herbal distillates, as harmful as eating an apple!.*
69. Sepideh Kolouri, Ali Firoozabadi, Alireza Salehi, Mohammad M. Zarshenas, Seyed Ali Dastgheib, Mojtaba Heydari, Hossein Rezaeizadeh: *Nepeta menthoides Boiss. & Buhse Freeze-dried aqueous extract versus Sertraline in the treatment of major depression; a double blind randomized controlled trial.* Complementary therapies in medicine 03/2016; 26., DOI:10.1016/j.ctim.2016.03.016
70. Rahimeh Akrami, Spideh Kolouri, Mojtaba Heydari: *Alopecia Areata from the Perspective of Traditional Persian Medicine.* 02/2016; 5(1).
71. Ahmad Reza Sharifi, Abdollah Homayounfar, Seyed Hamdollah Mosavat, Mojtaba Heydari, Mohsen Naseri: *Premature Ejaculation and Its Remedies in Medieval Persia.* Urology 01/2016; 90., DOI:10.1016/j.urology.2016.01.007
72. Mojtaba Heydari, Behnam Dalfardi, Mohammad Hashem Hashempur, Sepideh Kolouri: *Johannitus (809–873AD), a bridge between Greek and Persian knowledge of the pulse.* International journal of cardiology 01/2016; 206., DOI:10.1016/j.ijcard.2016.01.055
73. Samad EJ Golzari, Khan ZH, Dabbagh A, Kavandi H, Mahmoodpoor A, Sabermarouf B, Soleimanpour H, Khodadoust K, Dalfardi B, Heydari M, Ghabili K: *A Review on John Snow's (1813 -1858 CE) Contributions to the Epidemiology and Anesthesiology.* Advances in Bioscience and Clinical Medicine 01/2016;, DOI:10.7575/aiac.abcmed.15.03.04.03
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75. Abolfazl Iranikhah, Mojtaba Heydari, Javad Hakimelahi, Mohammad Gharehbeglou, Mohammad Reza Ghadir: *Surgical Repair of Imperforate Anus: A Report from Haly Abbas (949-982 AD).* Journal of Pediatric Surgery 11/2015; 51(1)., DOI:10.1016/j.jpedsurg.2015.11.001
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Patents

Citrullus colocynthis oil for diabetic neuropathy in Iranian Patent Registry

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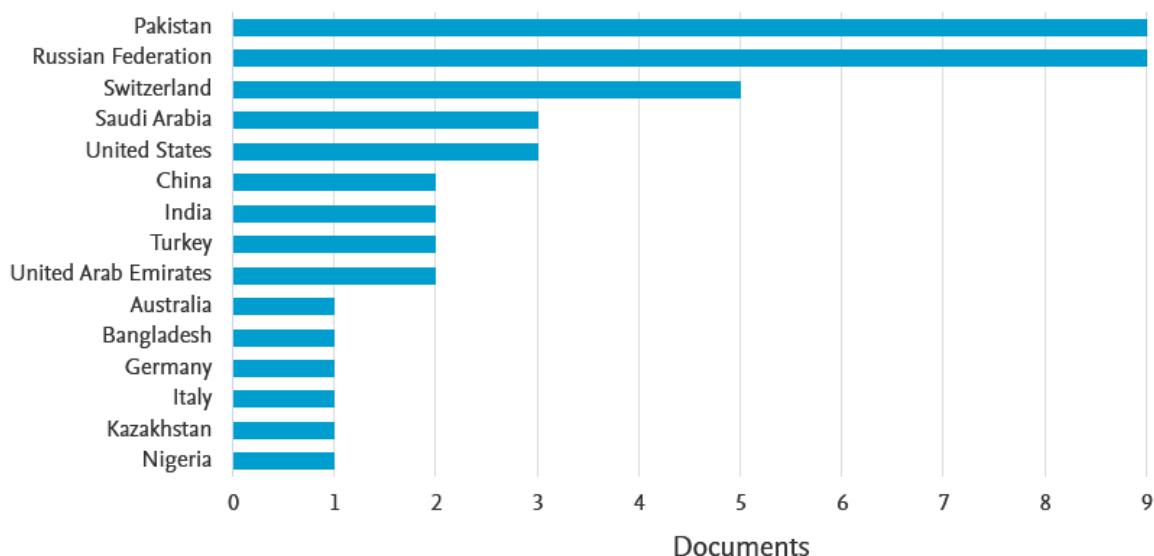
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International collaborations

Documents by country or territory

Compare the document counts for up to 15 countries/territories.



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