



## Dr. Rizwan Ahmad

Ag-medal (2005); Best researcher award (2017/2018) & (2018-2019)

Assistant Professor



### Personal Data

Nationality | Pakistani

Date of Birth | 07<sup>th</sup> May, 1983

Department | Natural Products & Alternative Medicines

Official IAU Email | [rareiyadh@iau.edu.sa](mailto:rareiyadh@iau.edu.sa)

Office Phone No. | -

### Language Proficiency

Language	Read	Write	Speak
Arabic	Basic	Basic	Basic
English	Fluent	Fluent	Fluent
Urdu	Fluent	Fluent	Fluent
Pashto (Native speaker)	Fluent	Fluent	Fluent

### Academic Qualifications (Beginning with the most recent)

Date	Academic Degree	Place of Issue	Address
2013	PhD (University of Karachi, Pakistan and University of Antwerp, Belgium)	Pakistan	University of Karachi, Karachi, Pakistan
2006	Bachelor of Pharmacy	Pakistan	University of Malakand, K.P.K, Pakistan
2001	H.S.S.C	Pakistan	B.I.S.E Swat, Pakistan
1999	S.S.C	Pakistan	B.I.S.E Swat, Pakistan

### PhD, Master or Fellowship Research Title: (Academic Honors or Distinctions)

PhD	Phytochemical studies of two plants <i>Ziziphus oxyphylla</i> and <i>Cedrela serrata</i> . (Isolation and structure determination of novel compounds with established role as AGEs i.e. Advanced glycation end product inhibitors and hepatoprotective)
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### Professional Record: (Beginning with the most recent)

Job Rank	Place and Address of Work	Date	
Assistant Professor	Imam Abdulrahman Bin Faisal University, Dammam, Saudi Arabia	31 <sup>st</sup> August, 2014	Continued
Assistant Professor	Hamdard University, Karachi, Pakistan	September, 2013	26 <sup>th</sup> August, 2014
Lecturer	Hamdard University, Karachi, Pakistan	10 <sup>th</sup> June, 2010	September, 2013
Asst Q.C In-charge	Semos Pharmaceuticals, Pvt. Ltd, Karachi, Pakistan	1 <sup>st</sup> January, 2009	1 <sup>st</sup> June, 2010
Production In-charge	Orient Pharmaceuticals, Pvt. Ltd, Lahore, Pakistan	18 <sup>th</sup> May, 2006	January, 2008
Internee Pharmacist	Neomedix Pharmaceuticals, Pvt. Ltd, Islamabad, Pakistan	3 <sup>rd</sup> April, 2006	17 <sup>th</sup> May, 2006
Assistant Pathologist	City clinical Lab, Pvt. Ltd, Mingora, K.P.K, Pakistan	3 <sup>rd</sup> January, 2006	1 <sup>st</sup> April, 2006
Retail Pharmacist	Arshad Pharmacy, Swat, K.P.K, Pakistan	January, 2005	January, 2006

### Administrative Positions Held: (Beginning with the most recent)

Administrative Position	Office	Date
Research committee coordinator	College of Clinical Pharmacy	September, 2019
Department Coordinator	College of Clinical Pharmacy	August, 2014

### Scientific Achievements

#### Published Refereed Scientific Researches

(In Chronological Order Beginning with the Most Recent)

[https://www.researchgate.net/profile/Rizwan\\_Ahmad30/publications](https://www.researchgate.net/profile/Rizwan_Ahmad30/publications)

<https://scholar.google.com/citations?user=NgRTj3oAAAAJ>

<https://orcid.org/my-orcid>

#	Name of Investigator(s)	Research Title	Publisher and Date of Publication
1	<b><i>Rizwan Ahmad*</i></b> , Ahmad N, AlAnaki WS	Solvent and temperature effect of accelerated solvent extraction (ASE) coupled with ultra-high-pressure liquid chromatography (UHPLC-PDA) for the determination of methyl xanthines in commercial tea and coffee	<b>Food Chemistry.</b> 311(05);126021. (2020)
2	<b><i>Rizwan Ahmad*</i></b> , Ahmad N, Shehzad A	Solvent and temperature effects of Accelerated solvent extraction (ASE)	<b>Food chemistry,</b> 309(03);125740. (2020)



		coupled with Ultra-high pressure liquid chromatography (UHPLC-PDA) technique for determination of Thymoquinone in commercial food samples of black seeds ( <i>Nigella sativa</i> )	
3	<b><u>Rizwan Ahmad*</u></b> , Ahmad N, Amir MD	Quality Variation and standardization of black pepper ( <i>Piper nigrum</i> ): A comparative geographical evaluation based on instrumental and metabolomics analysis	<b>Biomedical Chromatography.</b> e4772 (2020)
4	<b><u>Rizwan Ahmad*</u></b> , Ahmad N, AlOthman F	Extraction of methyl xanthines and their UHPLC-DAD determination in consumable beverages used in Eastern province of Saudi Arabia	<b>Biomedical Chromatography.</b> 34:e4712 (2020)
5	<b><u>Rizwan Ahmad*</u></b> , Ahmad N, AlHudaithi N	Extraction and UHPLC–DAD detection of undeclared substances in market-available dietary supplements and slimming products in Eastern region, Saudi Arabia: An application of principal component analysis	<b>Biomedical Chromatography.</b> 34:e4698 (2020)
6	Almubayedh H, <b><u>Rizwan Ahmad*</u></b>	Ethnopharmacology, phytochemistry, biological activities, and therapeutic applications of <i>Cedrela serrata</i> Royle: A mini review	<b>Journal of Ethnopharmacology,</b> 246(01), 112206 (2020)
7	Ahmad N, <b><u>Rizwan Ahmad</u></b>	A bioanalytical UHPLC based method used for the quantification of Thymoquinone-loaded-PLGA-nanoparticles in the treatment of Epilepsy	<b>BMC Chemistry</b> (Accepted: CCJO-D-19-0015)
8	Ahmad N, <b><u>Rizwan Ahmad</u></b> , Ahmad FJ	Poloxamer-Chitosan-based Naringenin nanoformulation used in brain targeting for the treatment of Cerebral Ischemia	<b>Saudi Journal of Biological Sciences.</b> 27;500-517 (2020)
9	Ahmad N, <b><u>Rizwan Ahmad</u></b> , Alam MDA	Quantification and Evaluation of Glycyrrhizic Acid-loaded Surface Decorated Nanoparticles by UHPLC-MS/MS and used in the Treatment of Cerebral Ischemia	<b>Current Pharmaceutical analysis.</b> 16; 24-39 (2020)
10	Naqvi AA, <b><u>Rizwan Ahmad</u></b>	Knowledge and practice of general population towards complementary and alternative medicine (cam) in relation to health and quality of life in Sungai Petani (Malaysia)	<b>Pharmacy and Bio allied Sciences.</b> 12(02); (2020)
11	Aziz S, <b><u>Rizwan</u></b>	Phytochemical screening, Enzymatic	<b>Pharmacy and Bio allied</b>



	<b><u>Ahmad</u></b>	and Anti-oxidant Activities of <i>Erythrina suberosa</i> (Roxb) Bark	<b>Sciences. 12(02); (2020)</b>
12	Aziz S, <b><u>Rizwan Ahmad</u></b> .	<i>In-Vitro</i> Cytotoxic and Anti-Microbial Activities of <i>Erythrina suberosa</i> (Roxb) Bark	<b>Pharmacy and Bio allied Sciences. 12(02); (2020)</b>
13	<b><u>Rizwan Ahmad*</u></b> , Ahmad N, Shehzad A	Solvent and temperature effects of accelerated solvent extraction (ASE) with Ultra-high pressure liquid chromatography (UHPLC-PDA) technique for determination of Piperine and its ICP-MS analysis	<b>Industrial Crops and Products, 136(15):37-49 (2019)</b>
14	<b><u>Rizwan Ahmad*</u></b> , Ahmad N, Alshayban DM,	Pharmacokinetic Interaction Study for Simvastatin and Parsley and Its Plasma Quantification Using LC-MS: A Focus on Drug Metabolic Enzymes	<b>Iranian red crescent medical journal, 21(2):e85783 (2019)</b>
15	<b><u>Rizwan Ahmad*</u></b> , Naqvi AA, Al-Bukhaytan HMA	Evaluation of Aromatherapy with Lavender oil on Academic Stress: A Randomized Placebo Controlled Clinical Trial	<b>Contemporary clinical Trials communications.14 (06) (2019)</b>
16	Ahmad N, <b><u>Rizwan Ahmad</u></b>	A novel self-nanoemulsifying drug delivery system for curcumin used in the treatment of wound healing and inflammation	<b>3Biotech, 9:360 (2019)</b>
17	Ahmad N, <b><u>Rizwan Ahmad</u></b>	Preparation of a novel curcumin nano emulsion by ultrasonication and its comparative effects in wound healing and the treatment of inflammation	<b>RSC Advances. 9, 20192–20206 (2019)</b>
18	Shehzad A, Zahid H, <b><u>Rizwan Ahmad</u></b>	A Natural product Decursin enhances the radio sensitization of ionizing radiation against DMBA-Induced tumour	<b>International Journal of Applied Pharmaceutics. 11(3):14-16 (2019)</b>
19	Ahmad N, <b><u>Rizwan Ahmad</u></b> , Alam MA	Daunorubicin oral bioavailability enhancement by surface coated natural biodegradable macromolecule chitosan based polymeric nanoparticles	<b>International Journal of Biological Macromolecules 128;825–838: (2019)</b>
20	Ahmad N, <b><u>Rizwan Ahmad</u></b> , Alam MA	Brain-targeted glycyrrhizic-acid-loaded surface decorated nanoparticles for treatment of cerebral ischemia and its toxicity assessment	<b>Artificial Cells, Nanomedicine, and Biotechnology 47;1:475–490. (2019)</b>
21	Almubayedh H, <b><u>Rizwan Ahmad*</u></b>	Ethnopharmacological uses, phytochemistry, biological activities of <i>Debregeasia salicifolia</i> : A review.	<b>Journal of Ethnopharmacology, 231(3):179-186 (2019)</b>
22	Naqvi AA, Zehra F,	Interactions and conflicts of interests	<b>Pakistan Journal of</b>



	<b><u>Rizwan Ahmad</u></b>	between prescribers and medical sales representatives (MSRs) regarding prescribing and drug promotion practices in Karachi, Pakistan.	<b>Pharmaceutical Sciences, 32(5): (2019)</b>
23	Alsaeed W, Al-Dhamen M, <b><u>Rizwan Ahmad*</u></b> , Ahmad N, Naqvi AA.	Clinical uses and toxicity of <i>Ephedra sinica</i> ; an evidence based comprehensive retrospective review (2004-2017).	<b>Pharmacognosy review, 13(25): (2019)</b>
24	Al-Jamea A, <b><u>Rizwan Ahmad*</u></b> , Ahmad N, Naqvi AA.	Clinical uses and toxicity of <i>Aloe vera</i> ; an evidence-based comprehensive retrospective review (2007-2017).	<b>Pharmacognosy review 13(25): (2019)</b>
25	Shehzad A, Jabeen S, <b><u>Rizwan Ahmad</u></b> et al.,	Synthesis, characterization and antibacterial activity of silver nanoparticles using <i>Rhazya stricta</i> .	<b>PeerJ. 6:e6086 DOI 10.7717/peerj.6086 (2018)</b>
26	Naqvi AA, <b><u>Rizwan Ahmad</u></b> , Elewi AAW, Alawa AH, Alasiri MJ.	Dietary supplements use among undergraduate male students in health and non-health clusters colleges of a public-sector University in Dammam, Saudi Arabia.	<b>BMC Complementary and Alternative medicines. 18:269 (2018)</b>
27	Naqvi AA, <b><u>Rizwan Ahmad</u></b> , Ahmad N.	Estimation of the Direct Cost of Poliomyelitis Rehabilitation Treatment to Pakistani Patients: A 53 -Year Retrospective Study.	<b>Applied Health Economics and Health Policy. 1-18 (2018).</b>
28	Al-Omari R, Al-Enazi A, <b><u>Rizwan Ahmad*</u></b> , Ahmad N, Naqvi AA.	Clinical uses and toxicity of Ergot ( <i>Claviceps purpurea</i> ); a comprehensive retrospective review (2003-2017).	<b>Biosci. Biotech. Res. Comm. 11(3):356-362 (2018)</b>
29	Al-Mubayedh H, <b><u>Rizwan Ahmad*</u></b> , Naqvi AA, Ahmad N.	Ethnopharmacological uses and public knowledge regarding <i>Cinnamomum zeylanicum</i> in Khobar, Saudi Arabia.	<b>J Pharm Bioall Sci. 10(3):159-65 (2018)</b>
30	Almassmoum SM, <b><u>Rizwan Ahmad*</u></b> , Naqvi AA.	Current clinical status of hydrotherapy; an evidence based retrospective six-years (2012-2017) systemic review.	<b>Bali medical journal. 7(3):578-586. (2018)</b>
31	Ahmad N, <b><u>Rizwan Ahmad</u></b> , Al-layly A	Ultra-high-performance liquid chromatography-based identification and quantification of Thymoquinone in Nigella sativa extract from different geographical regions.	<b>Pharmacognosy Magazine. 14(57):471-480. (2018)</b>
32	Ahmad N, <b><u>Rizwan Ahmad</u></b> , Ahmad FA	Impact of ultrasonication techniques on the preparation of novel Amiloride nano-emulsion used for intranasal	<b>Artificial Cells, Nanomedicine, and Biotechnology. 23(7):1-</b>



		delivery in the treatment of epilepsy.	16 (2018)
33	Ahmad N, Alam MA, <b><u>Rizwan Ahmad</u></b> , Umar S, Ahmad FJ.	Improvement of oral efficacy of Irinotecan through biodegradable polymeric nanoparticles through in vitro and in vivo investigations.	<b>Journal of Microencapsulation.</b> 35(4):327-343. (2018)
34	Ahmad N, <b><u>Rizwan Ahmad</u></b> , Alam MA	Enhancement of Oral Bioavailability of Doxorubicin through Surface Modified Biodegradable Polymeric Nanoparticles.	<b>Chemistry Central Journal</b> , 12(1):65 (2018)
35	Ahmad N, <b><u>Rizwan Ahmad</u></b> , Alam MA, Ahmad FJ.	Quantification and Brain Targeting of Eugenol-Loaded Surface Modified Nanoparticles Through Intranasal Route in the Treatment of Cerebral Ischemia.	<b>Drug Res</b> ; 68: 1–12 (2018)
36	<b><u>Rizwan Ahmad*</u></b>	Current Clinical Status of Homeopathy; An Evidence Based Retrospective Six Years Review.	<b>Annual Research &amp; Review in Biology.</b> 22(1): 1-15; (2018)
37	Ahmad N, <b><u>Rizwan Ahmad</u></b> , Naqvi AA, Ahmad FJ.	Degradation Kinetic and Pharmacokinetic Studies of Quercetin Chitosan Nanoparticles Using Validated Ultra High Performance Liquid Chromatography–Synapt Mass Spectrometry (UPLC-MS/MS-ESI-Q-TOF).	<b>Current Pharmaceutical Analysis</b> , 14(3):286-297. (2018)
38	Almubayedh H, <b><u>Rizwan Ahmad*</u></b> , Ahmad N, Naqvi AA.	Clinical uses and toxicity of <i>Atropa belladonna</i> ; an evidence based comprehensive retrospective review (2003-2017).	<b>Biosci. Biotech. Res. Comm.</b> 11(1): 41-48 (2018)
39	Naqvi AA, <b><u>Rizwan Ahmad</u></b> , Zehra F, Yousuf R.	Dietary Supplement Use Among Students of Pharmacy Colleges in the City of Karachi, Pakistan: Prevalence, Opinions, and Attitudes.	<b>Journal of dietary supplements.</b> 03(1-13). (2018)
40	Naqvi AA, Zehra F, <b><u>Rizwan Ahmad</u></b> , Ahmad N.	Awareness, knowledge and attitude towards breast cancer, breast screening and early detection techniques among women in Pakistan.	<b>Journal of Pakistan medical association.</b> 68(4); 576-586: (2018)
41	Ahmad N, <b><u>Rizwan Ahmad</u></b> , Naqvi AA.	Intranasal Delivery of Quercetin loaded Mucoadhesive Nano-emulsion for treatment of Cerebral Ischemia.	<b>Artificial Cells, Nanomedicine, and Biotechnology.</b> 46(4); 717-729: (2018)
42	Ahmad N, Alam A, <b><u>Rizwan Ahmad</u></b> , Naqvi AA.	Preparation and characterization of Surface modified PLGA-Polymeric Nanoparticles used to target treatment of Intestinal Cancer.	<b>Artificial Cells, Nanomedicine, and Biotechnology.</b> 46:2, 432-446 (2018)



43	<b><u>Rizwan Ahmad*</u></b> , Ahmad N, Naqvi AA.	<i>Ziziphus oxyphylla</i> , Ethnobotanical, Ethnopharmacological and phytochemical review.	<b>Biomedicine &amp; Pharmacotherapy.</b> 91C; 970–998. (2017)
44	<b><u>Rizwan Ahmad*</u></b> , Naqvi AA, Ahmad N	Awareness, Perception, Attitude, and Knowledge Regarding Complementary and Alternative Medicines (CAMs) Among the Pharmacy and Medical Students of a Public University in Saudi Arabia.	<b>Archives of Pharmacy Practice.</b> 8(02); 51-63 (2017)
45	<b><u>Rizwan Ahmad*</u></b> .	Current Clinical Status of Osteopathy: Study Based on Retrospective Evidences of Six Years, A Systemic Review.	<b>Annual Research &amp; Review in Biology.</b> 20(1): 1-20; (2017).
46	<b><u>Rizwan Ahmad*</u></b> , Ahmad N, Naqvi AA, Adeeb S.	Role of Traditional Islamic and Arabic plants in Cancer Therapy.	<b>Journal of Traditional and Complementary Medicine.</b> 7(2); 195-204 (2017)
47	Al-Shagawi MA, <b><u>Rizwan Ahmad*</u></b> , Naqvi AA, Ahmad N.	Determinants of academic stress and stress-related self-medication practice among undergraduate male pharmacy and medical students of a tertiary educational institution in Saudi Arabia.	<b>Tropical journal of pharmaceutical research.</b> 16 (12): 2997-3003. (2017)
48	Al-Zahrani FA, Al-Ghamdi MS, <b><u>Rizwan Ahmad.</u></b>	Job satisfaction among Retail pharmacists in Eastern region of Saudi Arabia.	<b>Journal of Pharmaceutical Research International,</b> 19(5): 1-12, (2017)
49	Al-Laif FZ, <b><u>Rizwan Ahmad*</u></b> , Naqvi AA, Ahmad N.	Pharmacist Perceived Barriers to Patient Counselling; A Study In Eastern Region Of Saudi Arabia.	<b>Journal of Pharmaceutical Research International.</b> 19(6): 1-12, (2017).
50	Al-Qanbar FA, <b><u>Rizwan Ahmad*</u></b> , Naqvi AA, Ahmad N.	Pharmacists Perception of Physicians and Patients Responses towards Suggested Drug Alternative.	<b>Journal of Pharmaceutical Research International,</b> 19(5): 1-13, (2017)
51	Naqvi AA, Zehra F, <b><u>Rizwan Ahmad,</u></b> Ahmad N.	Development of Evidence-Based Disease Education Literature for Pakistani Rheumatoid Arthritis Patients.	<b>Diseases.</b> 5(4), 27: (2017)
52	Ahmad N, <b><u>Rizwan Ahmad,</u></b> Naqvi AA.	Enhancement of Quercetin Oral Bioavailability by Self-Nanoemulsifying Drug Delivery System and their Quantification Through Ultra High Performance Liquid Chromatography and Mass	<b>Drug Res,</b> 67: 564-575: (2017)



		Spectrometry in Cerebral Ischemia.	
53	Ahmad N, <u><b>Rizwan Ahmad.</b></u>	CNS depressant and analgesic effects of <i>Withania coagulans</i> (Stocks) dunal fruits collected from Khuzdar district of Balochistan, Pakistan.	<b>Pure and Applied Biology.</b> 6(2): 636-644: (2017)
54	Zehra F, Naqvi AA, <u><b>Rizwan Ahmad,</b></u> Ahmad N.	Brand versus generic preference for 3rd generation fluoroquinolone antibiotics ciprofloxacin, levofloxacin and moxifloxacin in pharmacies of Karachi, Pakistan.	<b>International Journal of Pharmaceutical Investigation.</b> 7: 70-6: (2017)
55	Al-Busalih FA, Naqvi AA, <u><b>Rizwan Ahmad,</b></u> Ahmad N.	Prevalence of Self-Medication among Students of Pharmacy and Medicine Colleges of a Public Sector University in Dammam City, Saudi Arabia.	<b>Pharmacy.</b> 5(3):51; (2017)
56	Naqvi AA, Shah A, <u><b>Rizwan Ahmad,</b></u> Ahmad A.	Developing an integrated treatment pathway for a post coronary artery bypass grafting (CABG) geriatric patient with comorbid hypertension and type-1 diabetes mellitus for treating acute hypoglycaemia and electrolyte imbalance emergency.	<b>J Pharm Bioall Sci.</b> 9(3):216-220; (2017)
57	Al-Rasheed F, Naqvi AA, <u><b>Rizwan Ahmad,</b></u> Ahmad N.	Academic Stress and Prevalence of Stress-Related Self-Medication among Undergraduate Female Students of Health and Non-Health Cluster Colleges of a Public Sector University in Dammam, Saudi Arabia.	<b>J Pharm Bioall Sci.</b> 9(4):251-8. (2017)
58	Naqvi AA, <u><b>Rizwan Ahmad,</b></u> Ahmad N, Z.	Understanding the Dynamics of Poliomyelitis spread in Pakistan.	<b>Iranian Journal of Public Health.</b> 46 (7); 997-998; (2017)
59	Naqvi AA, Zehra F, Naqvi SBS, <u><b>Rizwan Ahmad.</b></u>	Migration Trends of Pharmacy Students of Pakistan: A Study Investigating the Factors Behind Brain Drain of Pharmacy Professionals from Pakistan.	<b>Indian Journal of Pharmaceutical Education and Research.</b> 51(2), 192-206: (2017)
60	Ahmad N, <u><b>Rizwan Ahmad,</b></u> Naqvi AA.	Isolation, characterization and quantification of curcuminoids and their comparative effects in cerebral ischemia.	<b>Journal of Liquid Chromatography &amp; Related Technologies.</b> 2, 1-14, (2017)
61	Ahmad N, <u><b>Rizwan Ahmad,</b></u> Naqvi AA.	The effect of safranal loaded mucoadhesive nanoemulsion on oxidative stress markers in cerebral	<b>Artificial Cells, Nanomedicine, and Biotechnology.</b> 45(4):



		ischemia.	775-787, (2017)
62	Tuenter E, <b><u>Rizwan Ahmad</u></b> , Foubert K	Isolation and Structure Elucidation by LC-DAD-MS and LC-DAD-SPE-NMR of Cyclopeptide Alkaloids from Roots of <i>Ziziphus oxyphylla</i> and Evaluation of Antiplasmodial Activity.	<b>J. of Nat products.</b> 79 (11), 2865–2872, (2016)
63	<b><u>Rizwan Ahmad*</u></b> , Ahmad N, Naqvi AA.	Anti-oxidant and antiglycating constituents from leaves of <i>Ziziphus oxyphylla</i> and <i>Cedrela serrata</i> .	<b>Antioxidants.</b> 5 (1); 9: (2016)
64	<b><u>Rizwan Ahmad*</u></b> , Ahmad N, Naqvi AA	Anti-infective, Cytotoxic and Antioxidant activity of <i>Ziziphus oxyphylla</i> and <i>Cedrela serrata</i> .	<b>Asian Pacific Journal of Tropical Biomedicine.</b> 6(8); 671-676. (2016)
65	Naqvi AA, <b><u>Rizwan Ahmad</u></b> , Ahmad N.	Developing a Research Instrument to Document Awareness, Knowledge, and Attitudes Regarding Breast Cancer and Early Detection Techniques for Pakistani Women: The Breast Cancer Inventory (BCI).	<b>Diseases.</b> 4; 37. (2016)
66	Ahmad N, <b><u>Rizwan Ahmad</u></b> , Naqvi AA.	Quantification of Rutin in Rats's brain by UHPLC/ESI-Q-TOF-MS/MS after intranasal administration Rutin loaded Chitosan nanoparticles.	<b>EXCLI Journal.</b> 15,518-531, (2016)
67	Alam AMD, Ahmad N, <b><u>Rizwan Ahmad</u></b> .	Development and Validation of UPLC-MS/MS, ESI-Q-TOF for Tamoxifen Citrate Nanoparticles in Experimental Female Mice: Stability Effects and application in plasma Pharmacokinetics of mannitol based Polymeric Nanoparticle Formulation.	<b>Journal of Young Pharmacist.</b> 8(4): 415-423, (2016)
68	Ahmad N, <b><u>Rizwan Ahmad</u></b> , Farhan JA.	Stressed Kinetics and Pharmacokinetics of Curcumin Nano-emulsion using validated Ultra High Performance Liquid Chromatography–Synapt Mass Spectrometry (UPLC-MS/MS-ESI-Q-TOF).	<b>Iranian Journal of Science &amp; Technology transaction a; science.</b> 6, 40(2), 109-123, (2016)
69	Ahmad N, <b><u>Rizwan Ahmad</u></b> .	Rutin-encapsulated chitosan nanoparticles targeted to the brain in the treatment of Cerebral Ischemia.	<b>International Journal of Biological Macromolecules,</b> 91, 640–655, (2016)
70	Ahmad N, <b><u>Rizwan Ahmad</u></b> .	Quantification and Evaluation of Thymoquinone loaded Nano-emulsion for treatment of Cerebral	<b>International Journal of Biological Macromolecules,</b> 88: 7,



		Ischemia.	320–332, (2016)
71	Naqvi AA, <b><u>Rizwan Ahmad</u></b> , Zehra F, Ahmad N.	Epidemiology of primary amoebic meningoencephalitis-related deaths due to <i>Naegleria fowleri</i> infections from freshwater in Pakistan: An analysis of 8-year dataset.	<b>Archives of Pharmacy practice.</b> 7 (4): 182-184, (2016)
72	Naqvi AA, Naqvi SBS, Zehra F, <b><u>Rizwan Ahmad</u></b> , Ahmad N.	The cost of poliomyelitis: Lack of cost-of-illness studies on poliomyelitis rehabilitation in Pakistan. Letter to editor.	<b>Archives of Pharmacy practice.</b> 7 (4): 182-184, (2016)
73	Shah A, Naqvi AA, <b><u>Rizwan Ahmad</u></b> .	The need for providing pharmaceutical care in geriatrics: A case study of diagnostic errors leading to medication-related problems in a patient treatment plan.	<b>Archives of Pharmacy Practice,</b> 7(3): 87-94, (2016)
74	Naqvi AA, Yazdani N, <b><u>Rizwan Ahmad</u></b> .	Barriers to rehabilitation treatment among poliomyelitis infected patients in Karachi, Pakistan: a mix methods study.	<b>Khyber Medical University Journal</b> 8(1); (2016)
75	Naqvi AA, Nabeel K, <b><u>Rizwan Ahmad</u></b> .	Perceptions and Attitude of Medical sales Representatives (MSRs) and Prescribers Regarding Pharmaceutical sales Promotion and Prescribing Practices in Pakistan.	<b>Journal of Young Pharmacists.</b> 8(3): 244-250; (2016)
76	Naqvi AA, <b><u>Rizwan Ahmad</u></b> .	The prevalence of self-medication and the factors influencing its practice in pharmacy students of Karachi, Pakistan: A mix mode study	<b>Journal of Young Pharmacists.</b> 8(3): 230-238; (2016)
77	Samiullah B, <b><u>Rizwan Ahmad</u></b> , Kamran A.	Comparative study on resistance pattern of clinical isolates of severe acute pancreatitis against Moxifloxacin and Ciprofloxacin; an in-vitro study.	<b>Journal of Pharma SciTech.</b> 5, (1): 11-13, (2015)
78	Atul U, Emmy T, <b><u>Rizwan Ahmad</u></b> .	Kavalactones, a novel class of advanced glycation end-products inhibitors, prevent in-vitro protein glycation via metal chelation.	<b>Planta. Med.</b> 80(12): 1001-1008, (2014)
79	<b><u>Rizwan Ahmad</u></b> , Mansoor A.	Phytochemical Screening and Anti-oxidant activity of the two Plants <i>Ziziphus oxyphylla</i> & <i>Cedrela serrata</i>	<b>Pak. J. Pharm. Sci.</b> 27(5): 1477-1482, (2014)
80	Atul U, Jamnian C, <b><u>Rizwan Ahmad</u></b> .	Chemical composition, Anti-neuraminidase, and Anti-atherogenic activities of the essential oil from two varieties of <i>Alpinia zerumbet</i> Leaves.	<b>J. Food sci. &amp; Technol. Nepal.</b> , 7: 22-30, (2014)
81	<b><u>Rizwan Ahmad</u></b> ,	Antioxidant, Antiglycation and	<b>European Journal of</b>



	Atul U, Mansoor A, Luc P.	antibacterial activities of <i>Ziziphus oxyphylla</i> & <i>Cedrela serrata</i> extracts.	<b>Medicinal plants.</b> 3(4): 520-529, (2013)
82	<u><b>Rizwan Ahmad</b></u> , Luc P, Najm-ur-Rahman.	Antimicrobial and Antioxidant Activity of Crude Extracts of Two Medicinal Plants <i>P. integerrima</i> & <i>Debregeasia salicifolia</i> .	<b>Int. J. Pharm. Sci. Rev. Res.</b> 18(1):13-17, (2013)
83	Zhani K, Hermans N, <u><b>Rizwan Ahmad</b></u> .	Evaluation of salt Tolerance (NaCl) in Tunisian Chili Pepper ( <i>Capsicum frutescens</i> L.) on Growth, Mineral Analysis and Solute Synthesis.	<b>Journal of stress physiology &amp; Biochemistry.</b> 9 (1): 209-228, (2013)
84	Najmur R, Mansoor A, Muhammad R, <u><b>Rizwan Ahmad</b></u> .	Phytochemical, antimicrobial, insecticidal and brine shrimp lethality bioassay of the crude methanolic extract of <i>A. parviflora</i> .	<b>Pak. J. Pharm. Sci.</b> , 26(4): 751-756, (2013)

#### Refereed Scientific Research Papers Peer review/Accepted for Publication

#	Name of Investigator(s)	Research Title	Journal	Acceptance Date
1	Al-Mubayedh H, <u><b>Rizwan Ahmad*</b></u> , Ahmad N, Naqvi AA.	Ethnobotany, Ethnopharmacology, Phytochemistry, Biological Activities, and Toxicity of <i>Pistacia integerrima</i> : A Comprehensive Review.	<b>Journal of Pharmacy and Pharmacology</b>	Peer-review
2	<u><b>Rizwan Ahmad*</b></u> , Ahmad N	Quality evaluation and standardization of Black seeds ( <i>Nigella sativa</i> ) based on geographical variation.	<b>Food Science and Nutrition</b>	
3	<u><b>Rizwan Ahmad<sup>1</sup>*</b></u> ; AlLehaibi LA <sup>2*</sup>	Evaluation of clinical trials for natural products used in diabetes; an evidence based systemic literature review	<b>Diabetes Care</b>	
4	Ahmad N, <u><b>Rizwan Ahmad</b></u>	A comparative pulmonary pharmacokinetic study of Budesonide using Polymeric nanoparticles targeted to the lungs in treatment of Asthma	<b>Artificial Cells, Nanomedicine, and Biotechnology</b>	
5	Ahmad N, <u><b>Rizwan Ahmad</b></u>	A comparative ex vivo permeation evaluation of a novel 5-Fluorouracil nano emulsion-gel by topically applied in the different excised rat, goat, and cow skin	<b>Saudi Journal of Biological Sciences</b>	
6	<u><b>Rizwan Ahmad*</b></u> , Ahmad N	Green accelerated solvent extraction (ASE) with solvent	(In-preparation-2020)	



		and temperature effect on yield of flavonoids in pomegranate and its quantification of ultra-high pressure liquid chromatography (UHPLC-DAD)	
7	<b><u>Rizwan Ahmad*</u></b> , Ahmad N	Green accelerated solvent extraction (ASE) with solvent and temperature effect on yield of flavonoids in commercial food samples of olive fruit and quantification by liquid chromatography-mass spectrometry (LC-MS/MS)	
8	<b><u>Rizwan Ahmad*</u></b> , Ahmad N	Green accelerated solvent extraction (ASE) with solvent and temperature effect on yield of commercial food samples of chili and quantification by liquid chromatography-mass spectrometry (LC-MS/MS)	
9	<b><u>Rizwan Ahmad*</u></b> , Ahmad N	Optimization of extraction technique and quantification method for garlic flavonoids and biological evaluation based on geographical variation	
10	<b><u>Rizwan Ahmad*</u></b> , Ahmad N	Solvent and temperature effect of Accelerated solvent extraction (ASE) with Ultra-high pressure liquid chromatography (UHPLC-DAD) technique for determination of S-Allyl Cysteine in commercial food samples of Garlic ( <i>Allium sativum</i> )	
11	<b><u>Rizwan Ahmad*</u></b> , Ahmad N	Characterization and quality variation of volatile profile for black seed from different geographical origins, using accelerated solvent extraction	



		method (ASE) with Gas-chromatography mass-spectrometry (GC-MS)	
12	<b><u>Rizwan Ahmad*</u></b> , Ahmad N	Characterization and quality variation of volatile profile for black pepper from different geographical origins, using accelerated solvent extraction method (ASE) with Gas-chromatography mass-spectrometry (GC-MS)	
13	NA, <b><u>Rizwan Ahmad</u></b>	Development and Evaluation of Novel nano-formulation of S-Allyl Cysteine used in the treatment of Cerebral Ischemia	

#### Scientific Research Papers Presented to Refereed Specialized Scientific Conferences

#	Name of Investigator(s)	Research Title	Conference and Publication Date
1	<b><u>Rizwan Ahmad</u></b> Hanine A.	Ethnopharmacological uses and public knowledge regarding <i>Cinnamomum zeylanicum</i> in Khobar, Saudi Arabia.	<b>DUPHAT</b> (Dubai International Pharmaceutical & Technology Conference & Exhibition), <b>Dubai, UAE</b> (26 <sup>th</sup> – 28 <sup>th</sup> February, <b>2019</b> )
2	<b><u>Rizwan Ahmad</u></b> Wejdan AA.	“Nutraceuticals as potential therapeutic agent; an evidence-based clinical review (2012-2017)”.	2 <sup>nd</sup> International research conference, <b>RCSI Bahrain</b> . (23rd November, <b>2017</b> ).
3	<b><u>Rizwan Ahmad</u></b>	Antiplasmodial activity of cyclopeptide alkaloids from <i>Hymenocardia acida</i> and <i>Ziziphus oxyphylla</i> .	9 <sup>th</sup> Joint Natural Products Conference, <b>Copenhagen, Denmark</b> (24 <sup>th</sup> – 27 <sup>th</sup> July, <b>2016</b> ). Planta Med; 81(S01): S1-S381, 2016. <a href="https://doi.org/10.1055/s-0036-1596169">DOI: 10.1055/s-0036-1596169</a>
4	<b><u>Rizwan Ahmad</u></b>	Anti-oxidant and Anti-glycation constituents from <i>Ziziphus oxyphylla</i> and <i>Cedrela serrata</i> .	61 <sup>st</sup> GA conference on Natural Products, <b>Munich, Germany</b> (1 <sup>st</sup> – 5 <sup>th</sup> September, <b>2013</b> ). Planta Med; 79 - PN2: 2013. <a href="https://doi.org/10.1055/s-0033-1352346">DOI: 10.1055/s-0033-1352346</a>
5	<b><u>Rizwan Ahmad</u></b>	Kavalactones as inhibitors of advanced glycation end-products (AGEs) formation.	61 <sup>st</sup> GA conference on Natural Products, <b>Munich, Germany</b> (1 <sup>st</sup> – 5 <sup>th</sup> September, <b>2013</b> ). Planta Med; 79 – PN114: 2013. <a href="https://doi.org/10.1055/s-0033-1352456">DOI: 10.1055/s-0033-1352456</a>



### Completed Research Projects

#	Name of Investigator(s) (Supported by)	Research Title	Report Date
1	<b>Rizwan Ahmad/NA</b> (IAU, Saudi Arabia)	Solvent and temperature effect of accelerated solvent extraction (ASE) coupled with ultra-high-pressure liquid chromatography (UHPLC-PDA) for the determination of methyl xanthines in commercial tea and coffee	December , 2019
2	<b>Rizwan Ahmad/NA</b> (IAU, Saudi Arabia)	Solvent and temperature effects of accelerated solvent extraction (ASE) with Ultra-high pressure liquid chromatography (UHPLC-PDA) technique for determination of Piperine and its ICP-MS analysis	November , 2019
3	<b>Rizwan Ahmad/NA</b> (IAU, Saudi Arabia)	Solvent and temperature effects of Accelerated solvent extraction (ASE) coupled with Ultra-high pressure liquid chromatography (UHPLC-PDA) technique for determination of Thymoquinone in commercial food samples of black seeds ( <i>Nigella sativa</i> )	October, 2019
4	<b>NA/Rizwan Ahmad</b> (IAU, Saudi Arabia)	Development of a Novel Curcumin Nano-formulation and their comparative effects with Tetracycline and Clotrimazole in the treatment of wound healing	October, 2019
5	<b>NA/Rizwan Ahmad</b> (IAU, Saudi Arabia)	Preparation of Thymoquinone Novel Nano-formulation used in brain targeting for the treatment of Epilepsy	October, 2019
6	<b>Rizwan Ahmad/NA</b> (IAU, Saudi Arabia)	Quality Variation and standardization of black pepper ( <i>Piper nigrum</i> ): A comparative geographical evaluation based on instrumental and metabolomics analysis	September, 2019
7	<b>Rizwan Ahmad/NA</b> (IAU, Saudi Arabia)	Quality Variation and standardization of black seeds ( <i>Nigella sativa</i> ): A comparative geographical evaluation based on instrumental and metabolomics analysis	September, 2019
8	<b>Rizwan Ahmad/NA</b> (IAU, Saudi Arabia)	Extraction of methyl xanthines and their UHPLC-DAD determination in consumable beverages used in Eastern province of Saudi Arabia	August, 2019
9	<b>Rizwan Ahmad/NA</b> (IAU, Saudi Arabia)	Extraction and UHPLC-DAD detection of undeclared substances in market-available dietary supplements and slimming products in Eastern region, Saudi Arabia: An application of principal component analysis	July, 2019
10	<b>Rizwan Ahmad /NA</b> (IAU, Saudi Arabia)	Preclinical Pharmacokinetics study for Parsley and simvastatin and its plasma determination using LC/MS; An In vitro (Pre-clinical) trial.	April, 2018



11	<b>Rizwan Ahmad /AAN</b> (IAU, Saudi Arabia)	Evaluation of Aromatherapy with Lavender oil on Academic Stress: A Randomized Placebo Controlled Clinical Trial.	March, 2018
12	<b>NA/Rizwan Ahmad</b> (IAU, Saudi Arabia)	Determination and quantification of Thymoquinone in <i>Nigella Sativa</i> extract by LC/MS: An application in black seed cultivation in India, Pakistan and KSA.	March, 2018
13	<b>AAN/Rizwan Ahmad</b> (IAU, Saudi Arabia)	Assessing dietary supplements use among undergraduate students of health and non-health colleges of IAU, Saudi Arabia.	February, 2018
14	<b>Rizwan Ahmad</b> (IAU, Saudi Arabia)	Ethno-pharmacological uses and knowledge regarding Cinnamon ( <i>Cinnamomum zeylanicum</i> ) in Eastern province, Saudi Arabia.	November, 2017
15	<b>AAN/Rizwan Ahmad</b> (IAU, Saudi Arabia)	Academic Stress and Prevalence of Stress-Related Self-Medication among Undergraduate Female Students of Health and Non-Health Cluster Colleges of a Public Sector University in Dammam, Saudi Arabia.	May, 2017
16	<b>AAN/Rizwan Ahmad</b> (IAU, Saudi Arabia)	Prevalence of Self-Medication among Students of Pharmacy and Medicine Colleges of a Public Sector University in Dammam City, Saudi Arabia.	February, 2017
17	<b>Rizwan Ahmad /NA/AAN</b> (IAU, Saudi Arabia)	Awareness, Knowledge and Perception towards Complementary and Alternative Medicines (CAMs) among Medical, Pharmacy and Nursing students of University of Dammam, Dammam, Kingdom of Saudi Arabia.	January, 2017
18	<b>Rizwan Ahmad</b> (IAU, Saudi Arabia)	Predictors of stress and stress related self-medication among Undergraduate students at IAU, Saudi Arabia.	January, 2017
19	<b>Rizwan Ahmad</b> (IAU, Saudi Arabia)	Pharmacist Perceived barriers to Patient counselling, a study in eastern region KSA.	December, 2016
20	<b>Rizwan Ahmad</b> (IAU, Saudi Arabia)	Pharmacist Perceived responses of Physicians and Patients to suggested alternative drugs. A study in retail and hospital pharmacist Dammam, Saudi Arabia.	December, 2016
21	<b>NA/Rizwan Ahmad</b> (IAU, Saudi Arabia)	Pharmacokinetic and Pharmacodynamics Studies of Nano-formulation of Quercetin used in Cerebral Ischemia.	November, 2016
22	<b>Rizwan Ahmad</b> (University of Karachi, Pakistan)	Phytochemical screening of two medicinal plants ' <i>Z. oxyphylla</i> ' & ' <i>C. serrata</i> '.	June, 2013
23	<b>Rizwan Ahmad</b> (University of Antwerp, Belgium)	Cyclopeptide Alkaloids as AGEs (Advanced glycation end products) inhibitors.	January, 2013

NA=Niyaz Ahmad, AAN=Atta Abbas Naqvi



### Current Researches

#	Research Title	Name of Investigator(s)
1	Green accelerated solvent extraction (ASE) with solvent and temperature effect on yield of flavonoids in pomegranate and its quantification of ultra-high pressure liquid chromatography (UHPLC-DAD)	Rizwan Ahmad
2	Green accelerated solvent extraction (ASE) with solvent and temperature effect on yield of flavonoids in commercial food samples of olive fruit and quantification by liquid chromatography-mass spectrometry (LC-MS/MS)	Rizwan Ahmad/NA
3	Green accelerated solvent extraction (ASE) with solvent and temperature effect on yield of commercial food samples of chili and quantification by liquid chromatography-mass spectrometry (LC-MS/MS)	Rizwan Ahmad/NA
4	Optimization of extraction technique and quantification method for garlic flavonoids and biological evaluation based on geographical variation	Rizwan Ahmad/NA
5	Solvent and temperature effect of Accelerated solvent extraction (ASE) with Ultra-high pressure liquid chromatography (UHPLC-DAD) technique for determination of S-Allyl Cysteine in commercial food samples of Garlic ( <i>Allium sativum</i> )	Rizwan Ahmad/NA
6	Development and Evaluation of Novel nano-formulation of S-Allyl Cysteine used in the treatment of Cerebral Ischemia	NA/Rizwan Ahmad
7	Development and Evaluation of S-allyl cysteine a Novel Nano-formulation used in the treatment of Epilepsy	NA/Rizwan Ahmad
8	Development and Quantification of Nano-formulation of Melatonin used in brain targeting and Cerebral Ischemia	NA/Rizwan Ahmad
9	Diuretic effect of a natural products; Clinical trial (Phase-I) in hypertensive patients.	Rizwan Ahmad/AAN
10	Ethno-pharmacological uses and knowledge regarding <i>Trigonella foenum-graecum</i> in Eastern Province, Saudi Arabia.	Rizwan Ahmad/AAN
11	The effect of structure-activity relationship of “Advanced Glycation end products inhibitor” flavonoids in Epilepsy.	Rizwan Ahmad

NA=Niyaz Ahmad, AAN=Atta Abbas Naqvi

### Contribution to Scientific Conferences and Symposia

#	Conference Title	Place and Date of the Conference	Extent of Contribution
1	<b>SIPHA</b> (Saudi International Pharmaceutical Sciences)	<b>21<sup>st</sup> – 23<sup>rd</sup> January, 2020</b> Riyadh, Saudi Arabia	Oral Presentation



	Meeting and Workshops)		
2	<b>DUPHAT</b> (Dubai International Pharmaceutical & Technology Conference & Exhibition)	<b>25<sup>th</sup> – 27<sup>th</sup> February, 2020</b> Dubai, UAE	Poster presentation
3	<b>DUPHAT</b> (Dubai International Pharmaceutical & Technology Conference & Exhibition)	<b>26<sup>th</sup> – 28<sup>th</sup> February, 2019</b> Dubai, UAE	Poster presentation
4	Permanent Development of Deserts	<b>22<sup>nd</sup> – 24<sup>th</sup> January, 2019</b> IAU, Saudi Arabia	Supervised students, arranged and participated
5	2 <sup>nd</sup> International research conference	<b>23<sup>rd</sup> November, 2017</b> RCSI Bahrain.	Presented Poster
6	9 <sup>th</sup> Joint Natural Products Conference	<b>24<sup>th</sup> – 27<sup>th</sup> July, 2016</b> Copenhagen, Denmark Planta Med; 81(S01): S1-S381 <a href="https://doi.org/10.1055/s-0036-1596169">DOI: 10.1055/s-0036-1596169</a>	Presented Poster
7	World day for Safety and Health at Work Symposium “Stress at Workplace: A collective Challenge”	<b>28<sup>th</sup> April, 2016</b> IAU, Saudi Arabia (Accredited by Saudi Commission of Health specialties: <b>CME/PD Cr Hr 7</b> ).	Participant
8	“1st Annual Scientific Research Update: Medicine & Biomedical Research 2015”	<b>5<sup>th</sup> – 7<sup>th</sup> April, 2015</b> IAU, Saudi Arabia	Participant
9	61 <sup>st</sup> GA conference on Natural Products	<b>1<sup>st</sup> – 5<sup>th</sup> September, 2013</b> Munich, Germany Planta Med; 79 - PN2: 2013. <a href="https://doi.org/10.1055/s-0033-1352346">DOI: 10.1055/s-0033-1352346</a>	Presented Poster
10	61 <sup>st</sup> GA conference on Natural Products	<b>1<sup>st</sup> – 5<sup>th</sup> September, 2013</b> Munich, Germany Planta Med; 79 – PN114: 2013. <a href="https://doi.org/10.1055/s-0033-1352456">DOI: 10.1055/s-0033-1352456</a>	Presented Poster
11	Advance Practices in Pharmacy	<b>29<sup>th</sup> February, 2012</b> Faculty of Pharmacy, Hamdard University, Karachi, Pakistan	Coordinator and organized Seminar
12	“5 <sup>th</sup> National Pharmacognosy Conference 2010” on “Current Challenges in Medicine and Therapy”	<b>10<sup>th</sup> July, 2010</b> Pearl Continental Karachi, Pakistan	Arranged workshop & Presented Poster
13	“1st National Pharmacy Conference on Old Plants and New Remedies”	<b>8<sup>th</sup> -10<sup>th</sup> June, 2008</b> University of Malakand, Khyber Pukhtoon Khuwa, Pakistan	Participant



### Membership of Scientific and Professional Societies and Organizations

- Member “Pakistan Pharmacy Council (PCP).
- Member “Pakistan Society of Pharmacognosy, University of Karachi”.
- Editorial board member “**Journal of Integrative Medicine**” since **2018**.
- Editorial board member “**BMC Complementary & Alternative Medicines**” since **2018**.
- Editorial board member “**EC Pharmacology & Toxicology**” since **2017**.
- Editorial board member “**Annual research and review in Biology**” SCI, since **2017**.
- Editorial board member “**Asian Journal of Life sciences**” since **2016**.
- Editorial board member “**International E-book of Diabetes**” since **2016**.
- Editorial board member “**Applied Clinical Pharmacology and Toxicology**” since **2016**.
- Editorial board member “**International Journal of Applied Pharmaceutical and Biological research**” (IJAPBR) since **2016**
- Reviewer “**Indian journal of pharmaceutical education and research**” since **2016**.  
Reviewer “**Evidence-based complementary and alternative medicines**” since **2015**.
- Reviewer “**Pure and Applied biology**” since **2015**.

### Distinguished Awards

- “**Best Researcher Award**” for more number of publications in the year 2017-2018, College of Clinical Pharmacy, IAU, Saudi Arabia (**2019**).
- “**Best Researcher Award**” for more number of publications in the year 2017-2018, College of Clinical Pharmacy, IAU, Saudi Arabia (**2018**).
- Letter from “**Thomson Reuters**” for being named as “**highly cited researcher-2016**”.
- “**Appreciation letter from Rector**”, IAU, Saudi Arabia, for **best teaching and lecturing skills**, based on Course (CES) & Lecturing evaluation survey (LES)-2015/2016 (**2016**).
- **Distinguished Research and Publication Quality Award**, IAU, Saudi Arabia, for research; *International Journal of Biological Macromolecules*, 91, 640–655, (**2016**).
- **Distinguished Research and Publication Quality Award**, IAU, Saudi Arabia, for research; *International Journal of Biological Macromolecules*, 88, 7, 320–332, (**2016**).
- Awarded with **Silver medal** (Ag-medal) during B. Pharmacy degree (Session 2001-2005).



- Awarded with **Belgium fellowship**, under IRSIP, by HEC, Pakistan **2012-2013**.
- Qualified **GRE (Subjective) and NTS (General)** tests conducted by HEC, Pakistan.
- Got **2<sup>nd</sup> position** during S.S.C exams under B.I.S.E Swat, Pakistan.
- Got **1<sup>st</sup> Division** throughout Academic Career.

## Teaching Activities

### Undergraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	Pharmacognosy and Phytochemistry	NPAM-304	<b>Course coordinator</b> This is a core course (02+01=03 Cr. Hrs.) which carry 30 lectures for theory alongwith 15 contact hour for laboratory/practical teaching part.
2	Natural Products and Alternative Medicines	NPAM-311	<b>Course coordinator</b> This course (03 Cr. Hrs.) is also a core course and consist of 45 theory classes for teaching.
3	Phytotherapy	NPAM-315	<b>Course coordinator</b> This is basically an Elective course (02), consisting of 30 theory classes/lectures for teaching.

### Brief Description of Undergraduate Courses Taught: (Course Title – Code: Description)

**Pharmacognosy & Phytochemistry (NPAM-304):** The main purpose and outcome of the course is to make the students proficient with the isolation and clinical application of natural products from various natural resources (Plants, animals, Minerals, Microbes etc.). The students are briefed about; What are natural products and what is their role in health profession and our society?. This course teaches, the systems to classify natural products in organized manner and to isolate the natural products from natural resource with the help of various extraction, isolation and spectroscopic techniques. In addition to isolation and purification of natural products, the course aims to make the students aware about the term “Adulteration”, ways of adulteration (intentional/unintentional), its identification as well as evaluation of the drugs for expected adulterants (Micro- and macroscopic, physical, chemical, biological and toxicological evaluation as per WHO guidelines). The evaluation domain involves various techniques, applied not only for the identification and prevention of evaluation, but for the evaluation of the raw material at Pharmaceuticals and manufacturing level as well. The more important part of the course is, to teach the students regarding the “Pharmacological activity” of each active major drug isolated from respective chemical class such as Alkaloids, Glycosides, Volatile oils, Resins and resins combinations as well as Tannins etc..



The students at the end of course are able to know the therapeutic uses, side effects and contra indication of various naturally isolated products.

**Natural Products & Alternative Medicines (NPAM-311):** This course is basically an applied version for the previous course i.e. NPAM-304. In the first phase of the course, the students are introduced with the knowledge of different Alternative and Complementary treatments systems available and followed throughout the world (Homeopathy, Chiropractic, Aromatherapy, Massage therapy, Osteopathy, Magneto-therapy etc.) and regarding the main differences and advantages as well as disadvantages of these treatment systems, compared to conventional system of treatment. The need for CAMs and its use among people as well as assuring the safe use of CAMs when combined with conventional treatment system is the main aim of this part. Nutraceutical's is an emerging field now a days, for the treatment of minor ailments hence, students in this course are imparted with the basic knowledge of; What are nutraceuticals and how they are isolated and used?. The importance of nutraceuticals in our daily life, health and treatment systems alongwith selection of a proper nutraceuticals and its proper use is part of the course. A research-inspiring and introducing the students towards the basic knowledge and requirement of research i.e. Herbal Drug Development, is an integral part of the course. The main theme of the topic is to introduce the students with, the process of drug development i.e. right from the selection and identification of raw materials, isolation, clinical phases (0-V) till Post-marketing of the developed/new drug. A more applied and clinical part of the course is; the use of pharmacological and non-pharmacological approaches (lifestyle and dietary modifications) for the treatment of various new and emerging diseases such as AIDS, Diabetes, Cancer, Hepatitis, Obesity, CVS, CNS and UTIs etc., the role of food, drinks and herbs in the treatment of these diseases alone as well as in combination with conventional system, Interactions i.e. Herb-Drug and Food-Drug.

At the end of the course the students will learn, how to apply natural products in different diseases, their side effects and any serious or unwanted interactions with foods or herbs and conventional medicines.

**Phytotherapy (NPAM-315):** This is an elective course dealing with the adverse effects and toxicity of herbs used in treatment systems. The cases observed, symptoms of toxicity and adverse effects as well as its treatment i.e. Antidotes are discussed in the course. This course will enable students to apply the knowledge in various health sectors as well as poisoning centers, where they will be able to easily identify the nature and agent of poisoning based on the symptoms studied in this course and to manage its proper treatment. The more widely used pesticides and its toxicity with treatment will be part of the course. Furthermore, the enzymology (i.e. plant and animal source) such as Papain and Bromelain as well as Trypsin, Chymotrypsin, Renin and Lipase etc. with widespread impact in treatment system is an outcome of the course.

Allergy, a more commonly encountered problem now-a-days, is another major topic where the type of Allergens (Injectant, infectants, infestants, food allergy etc.) alongwith the detection tests and treatment options available for allergy and its management is discussed in the course.



### Guest/Invited Lectures for Undergraduate Students

#	Activity/Course Title and Code	Subject	College and University or Program	Date
1	Herbal Toxicology	Pharmacology	Undergraduate, 5 <sup>th</sup> Year College of Clinical Pharmacy, IAU	2017/2018

### Student Academic Supervision and Mentoring

#	Level	Number of Students	From	To
1	Graduation Project	50	2016	2020
2	Undergraduate	30	2015	2020

### Supervision of Undergraduate, Master and/or PhD Thesis

#	Degree Type	Title	Institution	Date
1	Graduation Project	Lipid extraction, total solids and UHPLC-DAD determination of caffeine in consumable beverages used in Eastern province of Saudi Arabia and its toxicity evaluation via ICP-MS	IAU	2018/2019
2	Graduation Project	Solvent and temperature effect of Accelerated solvent extraction (ASE) on Methyl xanthine in different tea determined with UHPLC-DAD	IAU	2018/2019
3	Graduation Project	UHPLC-DAD detection of hazardous weight loss substances as adulterant in market available dietary supplements and slimming products with toxicity determination via ICP-MS.	IAU	2018/2019
4	Graduation Project	Preparation of a novel curcumin nano-emulsion by ultrasonication and its comparative effects in wound healing and the treatment of inflammation	IAU	2018/2019
5	Graduation Project	A novel self-nanoemulsifying drug delivery system for curcumin used in the treatment of wound healing and inflammation	IAU	2018/2019
6	Graduation Project	Clinical effect of aromatherapy on stress; a randomized, placebo controlled phase-I clinical trial	IAU	2017/2018
7	Graduation Project	Preclinical studies on drug-herb interactions and its plasma quantification using HPLC/DAD	IAU	2017/2018
8	Graduation Project	Dietary supplements use among undergraduate male students in health and non-health clusters colleges of a public-sector University in Saudi Arabia.	IAU	2017/2018
9	Graduation Project	Ultra-high-performance liquid chromatography-based identification and quantification of Thymoquinone in Nigella sativa extract from different geographical regions.	IAU	2017/2018



10	Graduation Project	Pharmacist perceived Barriers to Patient counselling in Saudi Arabia	IAU	2016/2017
11	Graduation Project	Physician responses to Pharmacist suggested pharmaceutical alternative	IAU	2016/2017
12	Graduation Project	Self-medication in stress among undergraduate health students, UOD, Saudi Arabia	IAU	2016/2017
13	Graduation Project	Job satisfaction among Retail pharmacists in Eastern region of Saudi Arabia.	IAU	2016/2017
14	Graduation Project	Prevalence of Self-Medication among Students of Pharmacy and Medicine Colleges of a Public Sector University in Dammam City, Saudi Arabia.	IAU	2016/2017
15	Graduation Project	Academic Stress and Prevalence of Stress-Related Self-Medication among Undergraduate Female Students of Health and Non-Health Cluster Colleges of a Public Sector University in Dammam, Saudi Arabia.	IAU	2016/2017

#### Ongoing Research Supervision

#	Degree Type	Title	Institution	Date
1	Undergraduate students Project	Green accelerated solvent extraction (ASE) with solvent and temperature effect on yield of flavonoids in pomegranate and its quantification of ultra-high pressure liquid chromatography (UHPLC-DAD)	IAU	2019/2020
2	Graduation Project	The temperature and solvent effect of Accelerated solvent extraction (ASE) on Rutin in Olive fruit ( <i>Olea europaea</i> ) and its LC-MS/MS quantification in commercial food samples	IAU	2019/2020
3	Graduation Project	The temperature and solvent effect of Accelerated solvent extraction (ASE) on Quercetin in Chili ( <i>Capsicum frutescens</i> ) and its LC-MS/MS quantification in commercial food samples	IAU	2019/2020
4	Graduation Project	Development of a novel 5-Fluorouracil nano formulation and their enhancement of bioavailability in the treatment of cancer	IAU	2019/2020
5	Graduation Project	Preparation of (+)-Catechin hydrate novel nano formulation used in brain targeting for the treatment of epilepsy	IAU	2019/2020



## Administrative Responsibilities, Committee and Community Service

(Beginning with the most recent)

### Administrative Responsibilities

#	From	To	Position	Organization
1	2019	Onwards	Research Committee Coordinator	IAU, Saudi Arabia
2	2019	Onwards	Students' Academic Advisor	IAU, Saudi Arabia
3	2014	Onwards	Department Coordinator	IAU, Saudi Arabia
4	2013	2014	In charge admission cell	Hamdard University, Karachi, Pakistan
5	2011	2012	In charge Student advisory Committee	Hamdard University, Karachi, Pakistan

### Committee Membership

#	From	To	Position	Organization
1	October, 2017	Onwards	Member "College Quality and evaluation" committee	Clinical Pharmacy, IAU, Saudi Arabia
2	September, 2017	Onwards	Member "Academic affairs" committee	Clinical Pharmacy, IAU, Saudi Arabia
3	May, 2017	Onwards	Member "Quality assessment and examinations" committee,	Clinical Pharmacy, IAU, Saudi Arabia
4	April, 2017	Onwards	Member "Self-Evaluation" committee	Clinical Pharmacy, IAU, Saudi Arabia
5	May, 2016	Onwards	Member "Research committee"	Clinical Pharmacy, IAU, Saudi Arabia
6	February, 2016	Onwards	Member "strategic planning committee"	Clinical Pharmacy, IAU, Saudi Arabia
7	November, 2014	Onwards	Member "Course Curriculum development committee"	Clinical Pharmacy, IAU, Saudi Arabia
8	June, 2012	2014	Member "Board of Faculty"	Department of Pharmacognosy, Hamdard University, Karachi.
9	October, 2011	2014	Member "Board of Studies"	Department of Pharmacognosy, Hamdard University, Karachi.

### Community Service

#	From	To	Type of Volunteer	Organization
1	22 <sup>nd</sup> Jan, 2019	24 <sup>th</sup> Jan, 2019	Supervised students	Symposium at IAU, Saudi Arabia <b>"Permanent development of Deserts"</b>
2	25 <sup>th</sup> Sep, 2017	25 <sup>th</sup> Sep, 2017	Supervised students	<b>"World pharmacist day"</b> Al-Othaim Mall, Saudi Arabia
3	Nov, 2016	Nov, 2016	Arranged and supervised students	<b>"Adulteration and safe Use of Herbs"</b> organized by SFDA Al-Othaim Mall, Saudi Arabia



4	29 <sup>th</sup> Feb, 2012	29 <sup>th</sup> Feb, 2012	Coordinator and organized Seminar	“Advance Practices in Pharmacy”, Faculty of Pharmacy, Hamdard University, Karachi, Pakistan
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**Personal Key Competencies and Skills: (Computer, Information technology, technical, etc.)**

1	Analytical techniques (HPLC/UHPLC/LC-MS/MS, LC-SPE-NMR, ICP-MS, ASE, FC, CC, TLC, Soxtec & Soxhlet extraction)
2	Spectroscopic techniques (UV, IR/FT-IR, NMR, AAS, Fluoro-spectrophotometer)
3	Microbiological technique's (CFT, HA & HI tests, Disc diffusion/well diffusion Antibacterial study)
4	Molecular and cellular techniques (ELISA, SDS, Western & Northern Blot techniques)
5	ChemDraw and ChemDraw Pro software
6	SPSS (IBM version 20/22)
7	MS office and coral draw
8	Co-curricular activities (Chess, Table Tennis, Volley Ball, Cricket, Literature search, Exploring new places, Gatherings)

**Last Update**

25/01/2020