

# PROF. DR. RAHILA IKRAM

(HEC Approved Ph.D. Supervisor)

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Passport : AB9555533  
Pharmacy Council  
Registration No. : 1762-A

## PERSONAL INFORMATION

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Born : December 21<sup>st</sup>, 1960  
Citizenship : Pakistani

## EDUCATION

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**2004**                    **PhD**  
(**Neuropharmacology**)  
Department of Pharmacology, Faculty of Pharmacy, University of Karachi

**1991**                    **M.Pharm**  
(**Neuropsychopharmacology**)  
Department of Pharmacology, Faculty of Pharmacy, University of Karachi

**1984**                    **B.Pharm**  
Faculty of Pharmacy, University of Karachi

**1978**                    **HSC**  
St. Josephs Govt. College for Women, Karachi

**1976**                    **SSC**  
Minwalla Cantt School, Karachi

## WORK HISTORY

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May 19, 2011 - Present    **PROFESSOR**  
Department of Pharmacology, University of Karachi

2009 – 2015                **CHAIRPERSON**  
Department of Pharmacology, University of Karachi

November 11, 2005 to  
May 18, 2011              **ASSOCIATE PROFESSOR**  
Department of Pharmacology, University of Karachi

September 2011 to  
July 2012                    **ASSOCIATE PROFESSOR**  
Taylors University Malaysia

November, 2008 to  
June, 2009                    **ASSOCIATE PROFESSOR**  
King Saud University

March 26, 2001 to November 10, 2005	<b>ASSISTANT PROFESSOR</b> University of Karachi
June 08, 1994 to March 25, 2001	<b>LECTURER</b> University of Karachi
2004-Present	<b>EXTERNAL EXAMINER</b> Jinnah University for Women
2009- to- date	<b>MEMBER ACADEMIC COUNCIL</b> Jinnah University for Women
2009 -to-date	University of Karachi
2009-Present	<b>MEMBER BOARD OF STUDIES</b> Sindh University Jamshoro
2009-to-date	University of Karachi
2003-2006	<b>FACULTY STUDENT ADVISOR</b> Faculty of Pharmacy, University of Karachi
1996-1998	<b>EXTERNAL EXAMINER</b> Bahawalpur University
1986-1989	<b>STAFF PHARMACIST</b> Department of Pharmacy Services, Aga Khan University Hospital
1985-1985	<b>INDUSTRIAL PHARMACIST</b> Hoechst Pharmaceutical Pakistan

#### **TEACHING - PHARM-D**

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Involve in teaching following courses:

- Physiology
- Hematology
- Toxicology
- CVS Pharmacology
- Psychopharmacology
- Neuropharmacology
- Systemic Pharmacology
- Clinical Pharmacology
- Therapeutic Drug Monitoring
- Anatomy
- Pathology

#### **POST-GRADUATE TEACHING**

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- Ph.D
- M.Phil
- M.S
- M.Pharm

## RESEARCH SUPERVISION

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- 15 students completed PhD under my supervision (degree awarded)
- 3 student completing PhD under my supervision (thesis writeup)
- 3 students working on PhD synopsis under my supervision
- 17 students completed M.Phil under my supervision (degree awarded)
- 4 students are completing M.Phil under my supervision
- Teaching M.Pharm since 2001 and 6 students have completed M.Pharm under my supervision (degree awarded)

## LIST OF DEGREES AWARDED

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### Ph.D.

01	Dr. Nighat Kafil	Dr. Rahela Najam	2012
	Comparative analysis of the effects of conventional antidepressants (tricyclic antidepressants with selective serotonin reuptake inhibitors) in Pakistani population suffering from major depression		
02	Dr. Ghulam Rasool Bhargari	Dr. Rahela Najam	2012
	Studies on efficacy and safety of risperidone and haloperidol in psychosis		
03	Dr. Nuzhat Sultana	Dr. Rahela Najam	2013
	Screening of Aloe vera (L) Burm.F. in comparison with natural antioxidant for its probable use as medicine		
04	Ms. Nusrat Bano	Dr. Rahela Najam	2013
	Screening of adverse effects of new combinations of 5 Fluoro-uracil with oxaliplatin in different advanced carcinomas		
05	Ms. Nausheen Alam	Prof. Dr. Rahela Najam	2014
	Role Of Serotonergic Drugs In Reducing Psychostimulants Sensitization.		
06	Ms. Sadaf Naeem	Prof. Dr. Rahela Najam	2015
	Pharmacological screening of NSAID'S for their probable central nervous system effect and their role in neurodegenerative diseases		
07	Ms. Saira Saeed Khan	Prof. Dr. Rahila Najam	2016
	Pharmacological and Toxicological Evaluation of <i>Matricureria Recutita</i> L.		
08	Ms. Humaira Siddiqi	Prof. Dr. Rahila Najam	2016
	Pharmacological and Toxicological Evaluation of <i>Argentum nitricum</i> , <i>Staphysagria</i> and <i>Ignatia amara</i>		
09	Mr. Masood Ilyas Khan	Prof. Dr. Rahila Najam	2016
	Pharmacological Studies of Antioxidants in Oxidative Stress conditions		
10	Ms. Humera Khatoon	Prof. Dr. Rahila Najam	2016
	Evaluation Of Camel Milk For Its Pharmacological Effectiveness And Its Limitations.		
11	Ms. Raana Mehmood	Prof. Dr. Rahila Najam	2016
	Detailed Pharmacological Evaluation of <i>Cardiospermum Halicacabum</i> (L) Leaves and Comparative Account of Seeds of <i>Cuminum Nigrum</i> (L) with <i>Centatherum Anthelminticum</i> (L).		
12	Ms. Sadia Saleem Rao	Prof. Dr. Rahila Najam	2017
	Evaluation of young and mature <i>cocos nucifera</i> water for its neuropharmacological, hematological and effects of reproductive system in animal model		
13	Dr. Faiza Hasan	Prof. Dr. Rahila Najam	2017
	Evaluation and comparison between locally and systematically administered drugs used in Gingivitis and Periodontitis		

14	Ms. Bushra Riaz	Prof. Dr. Rahila Najam	2017
	Zam Zam water: Pharmacological and therapeutic applications and toxicological limitations.		
15	Ms. Sana Sarfraz	Prof. Dr. Rahila Najam	2018
	Screening of Beta vulgaris for pharmacological actions		

### M.Phil

01	Ms. Saira Saeed Khan	Dr. Rahela Najam	2010
	Research Topic: Role of antioxidants and effects of lipid lowering agents on different biochemical and hematological parameters.		
02	Ms. Humera Siddiqui	Dr. Rahela Najam	2010
	Research Topic: CNS screening of drugs from herbal origin and their effect on hematological and biochemical parameters.		
03	Ms. Farzeen Ilyas	Dr. Rahela Najam	2011
	Toxicological profile of valproic acid, pregabalin and levetiracetam		
04	Ms. Anila Naz Khan	Dr. Rahela Najam	2011
	Research Topic: Study of systemic side effects (Thrombosis) of intravitreal bevacizumab		
05	Ms. Afshan Rafeeq	Dr. Rahela Najam	2011
	Research Topic: Toxicological and pharmacological aspects of acetylsalicylic acid in different doses and in different preparations		
06	Ms. Faiza Hasan	Dr. Rahela Najam	2011
	Research Topic: In vitro evaluation of antimicrobial activity of calcium hydroxide in dental treatment		
07	Ms. Bushra Riaz	Dr. Rahela Najam	2013
	Research Topic: Toxicological and pharmacological screening of seaweeds found at Karachi coast		
08	Muhammad Aslam Solangi (Submitted)	Dr. Rahela Najam	2013
	Research Topic: Pharmacological and toxicological screening of hub-e-lauki ( <i>L.siceraria</i> ) to determine its use as medicine		
09	Ms. Abeer Adeel	Dr. Rahela Najam	2013
	Research Topic: Pharmacological evaluation of <i>Peltophorum roxburghii</i>		
10	Ms. Sana Sarfaraz	Prof. Dr. Rahela Najam	2014
	Research Topic: Evaluation of Piper Chaba and Cleome Brachycarpa for its Pharmacology and Toxicity		
11	Ms. Sadia Saleem Rao	Prof. Dr. Rahela Najam	2014
	Research Topic: Safety and efficacy of combination herbal products used for the treatment of diabetes mellitus in Asia		
12	Mr. Muhammad Osama	Prof. Dr. Rahela Najam	2016
	To Study The Hematological Effects Of Different Parts Of <i>Carica Papaya</i> Linn. In An Animal Model		
13	Ms. Samreen Zehra	Prof. Dr. Rahela Najam	2016
	Hematological remission in adult newly diagnosed AML other than M3 after first course of standard 3+7 and its relation with FLT3 positivity		
14	Mr. Muhammad Hammad	Prof. Dr. Rahela Najam	2017
	Evaluating the safety and efficacy of systemic use of Polymyxin B in neonatal population		
15	Ms. Mehwish Subhan	Prof. Dr. Rahela Najam	2017
	To evaluate the role of TGFβ1, bilirubin, and vitamin D for prognosis of diabetic nephropathy in Pakistani population.		
16	Mr. Adnan	Prof. Dr. Rahela Najam	2017
	Clinical study to determine the relation and correction of hyponatremia and hyperglycaemia in acute stroke mortality and its prognosis		

17	Mr. Masood Ahmed	Prof. Dr. Rahela Najam	2017
	Effects of different angiotensin receptor blockers on central nervous system of animals: A comparative study		
18	Mr. Kashif Hussain	Prof. Dr. Rahela Najam	2018
	To determine the compliance of broad spectrum antibiotics in a tertiary care hospital: A retrospective study. (thesis submitted)		

#### M. S.

S. No.	Name of Candidate	Research Supervisor	Year
1.	Ms. Humera Khatoon	Dr. Rahela Najam	2011
	Research Topic: Screening of acarbose and rosiglitazone for their pharmacological and toxicological profile		

#### M.Pharm

1.	Ms. Sadaf Naeem	Dr. Rahela Najam	2007
	Research Topic: A comparative study of diclofenac sodium, potassium and piroxicam in inducing hepatocellular damage in rabbits.		
2.	Syeda Ambreen Bano	Dr. Rahela Najam	2008
	Research Topic: Comparison of behavioral deficits produced by haloperidol and lithium		
3.	Ms. Adila Nasir	Dr. Rahela Najam	2009
	Research Topic: Comparative study on the effects of zopiclone and flurazepam.		
4.	Ms. Tamar Albert	Dr. Rahela Najam	2009
	Research Topic: Evaluation of fluoxetine induced hyper excitability in rats.		
5.	Ms. Hina Ilyas	Dr. Rahela Najam	2009
	Research Topic: Assessment of cognitive impairment in non-benzodiazepines.		
6.	Ms. Fareeha Aleem	Dr. Rahela Najam	2010
	Research Topic: Evaluation of drug induced neuronal damage in rats.		

#### PROFESSIONAL MEMBERSHIP

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- Member, Pharmacological Society of Pakistan
- Member, Pakistan Pharmacist Association

#### ACADEMIC MEMBERSHIP

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- Registered Pharmacist by Pakistan Pharmacy Council
- Member, Academic Council, University of Karachi
- Member Academic Council, Jinnah University for Women, Karachi
- Member Board of Studies, Department of Pharmacology, Faculty of Pharmacy, University of Karachi
- Member Board of Faculty, Faculty of Pharmacy, University of Karachi
- Member Board of Studies, Jinnah University for Women, Karachi
- Member Board of Studies, Sindh University Jamshoro
- Member of the Committee for designing Pharm-D courses, Faculty of Pharmacy, University of Karachi

## ACTIVITIES AT THE FACULTY OF PHARMACY, UNIVERSITY OF KARACHI

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- Editor-in Chief, Pharmacology Newline – Official Newsletter of the Department of Pharmacology, Faculty of Pharmacy, University of Karachi
- Patron, Pharmacy Leisure Club, Faculty of Pharmacy, University of Karachi
- Incharge Official Magazine Pharmacia, Faculty of Pharmacy, University of Karachi

## RESEARCH PUBLICATIONS - INTERNATIONAL

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- Humaira anser, **Rahila Najam**, Humera khatoon and saira saeed khan (2018). Evaluation of anxiolytic activity of homeopathic remedy argentum nitricum of 30C potency after chronic administration in rodents. IJPSR (2018), Volume 9 ISSUE 9. 3908-3913.
- Sadaf Naeem, **Rahila Najam**, Saira Saeed Khan, Talat Mirza and Bushra Sikandar.(2018) Neuroprotective effect of Diclofenac on Chlorpromazine Induced Catalepsy in Rats; metabolic brain diseases. (accepted)
- Muhammad Osama, **Rahila Ikram**. (2018) Antinociceptive potential of aqua distillate of Rosa damascena Mill. Flower. IJPSR Vol. 9, Issue 12, December 2018 (accepted)
- Sana Sarfaraz, **Rahila Najam**, Iqbal Azhar, Shadab Ahmed and Ghulam Sarwar (2017). Evaluation of Hypolipidemic and Hepatoprotective effects of ethanolic extract of Cleome brachycarpa on Albino Rabbits, Journal of Analytical and Pharmaceutical Research,5(6):00162.
- Samreen Zehra, **Rahela Ikram**, Tasneem Farzana, Tahir Sultan Shamsi, (2017) Outcomes of 1<sup>st</sup> remission induction chemotherapy in aml cytogenetic risk groups, Asian Pacific Journal of Cancer Prevention DOI:10.22034/APJCP.2016.17.12.5251
- Sadia Saleem Rao, **Rahila Najam** (2016) Young coconut water ameliorates depression via modulation of neurotransmitters: Possible mechanism of action, Metabolic Brain Disease, DOI. 10.1007/S11011-016-9866-2
- Raana Mahmood, **Rahila Najam**, Ghazala H. Rizwani, Humera Khatoon (2016) Evaluation Of Neuropharmacological Activity Of Cardiospermum Halicacabum (Linn) Leaf Extract, World Journal of Pharmacy and Pharmaceutical Sciences, 5(3), 896-906
- Sadia Saleem Rao, **Rahila Najam** (2016) Coconut water of different maturity stages ameliorates inflammatory processes in model of inflammation, Journal Of Intercultural Ethnopharmacology, 5(3), 244-249. [Turkey]
- Nusrat Bano, **Rahila Najam**, Faaiza Qazi, Ahmed Mateen. (2016) Clinical features and therapeutic address of Oxaliplatin induced hypersensitivity reactions (HSR).

DOI:<http://dx.doi.org/10.7314/APJCP.2016.17.4.1637>. Asian Pac J of Cancer Prev, 17 (4): 1637-1641(2016 Impact Factor: 2.5).

- **Rahila Najam**, Bushra Riaz, Muhammad Shaiq Ali, Iqbal Azhar, (2015) Hematological Screening of Some Seaweed Found At Karachi Coast, International Journal of Healthcare Sciences, 3(2), 93-96.
- Humera Khatoon, **Rahila Najam**, Talat Mirza, Bushra Sikandar, Humera Ishaq, Humera Anser.(2015) Evaluation of anticonvulsant and neuroprotective effects of camel milk in strychnine-induced seizure model. Asian Pacific Journal of Tropical Disease, 5(10): 817-820.[USA]
- Humera Anser and **Rahila Najam**.(2015) Evaluation of anti inflammatory activity of Argentum nitricum, Staphysagria and Ignatia amara in experimental animal model International Journal Of Advances In Pharmacy, Biology And Chemistry, 4(1).[USA]
- Naeem S., **Najam R.**, Alam N.(2015) Antidepressant effect of diclofenac against experimental parkinson's rat model. American Journal of Pharmacological Sciences, 3(3), 74-78.[Iraq]
- Sadia Saleem Rao, **Rahila Najam**.(2015) Hepatoprotective And Cardioprotective Effects Of Momordica Charantia, Gymnema Sylvestre And Withania Somnifera In Animal Model Of Diabetes Mellitus, World Journal of Pharmacy and Pharmaceutical Sciences, 4(12):36-44.[Bulgaria]
- Sadia Saleem Rao, **Rahila Najam**. (2015) Anxiolytic Activity Of Different Herbal Combinations In Alloxan-Induced Diabetic Model, World Journal of Pharmacy and Pharmaceutical Sciences, 4(12):27-35. [Bulgaria]
- Sadaf Naeem, Dr. **Rahila Najam**, Dr. Syed Waseem Akhter (2015) Does Diclofenac improve cognition and daily living functioning in Parkinson patients? International Journal of Scientific & Engineering Research, 6 (1) (**Impact Factor 3.2**) [France]
- Sadia Saleem Rao, **Rahila Najam**, Syed Atif Abbas (2015) Efficacy Of Malaysian Herbal Product in Treating Diabetes Mellitus, Canadian Journal of Applied Sciences, Volume 5, Issue 1(**Impact Factor 0.527**) [Canada]
- Humera Anser and **Rahila Najam** (2015) Anti-Nociceptive Activity of Argentum Nitricum, Staphysagria, Ignatia Amara in mice in comparison with acetyl salicylic acid (Aspirin), International journal of pharmaceutical science and research, 6(1), 1000-1007 (**Impact Factor 2.191**) [India]
- Nusrat Bano, **Rahila Najam**, Faaiza Qazi, Ahmed Mateen (2014) Gastrointestinal adverse effects in advanced colorectal carcinoma patients treated with different schedules of FOLFOX, Asian Pacific Journal of Cancer Prevention, 15(19), 8089-8093 (**Impact Factor 1.5**) [Korea]
- Humera Anser, **Rahela Najam**, Bushra Riaz, Saira Saeed Khan (2014) Neuropharmacological screening of Cyanocobalamine and khamera-e-gao zaban amberi

- jawahir dar and its Behavioral and Memory enhancing effects in mice, *World Journal of Pharmaceutical Sciences*, 2(7), 635-640 (**Impact Factor 1.877**) [USA]
- Sana Sarfaraz, **Rahila Najam**, Iqbal Azhar , Bushra Riaz, Humera Ansar (2014) Anxiolytic and CNS depressant effects of ethanolic extract of Cleome Brachycarpa revealed after neuropharmacological screening, *World Journal of Pharmaceutical Sciences*, 2 (7) 605-610 (**Impact Factor 1.877**) [USA]
  - Bushra Riaz, **Rahila Najam**, Sana Sarfaraz, Humera Anser, Saira Saeed Khan (2014) Evaluation of nephrotoxic potential of iyengaria stellate, *World Journal of Pharmaceutical Sciences*, 2(5), 516-519 (**Impact Factor 1.877**) [USA]
  - Humera Khatoon , **Rahila Najam**, Bushra Riaz (2014) Effects of acarbose (with and without corn starch diet) and rosiglitazone on kidney functions in alloxan-induced diabetic rats., *World Journal of Pharmaceutical Sciences*, 2(7), 661-664 (**Impact Factor 1.877**) [USA]
  - Anila Naz, **Rahila Najam**, Bushra Riaz, Arsalan Ahmed (2014) Evaluation of intravitreal bevacizumab for its systemic side effect thrombosis after chronic administration, *Journal Of Applied Pharmacy*, 6(2), 202-209 (**Impact Factor 0.33**)[Canada]
  - Anila Naz, **Rahila Najam**, Bushra Riaz, Arsalan Ahmed (2014) Evaluation of intravitreal bevacizumab for its systemic side effect thrombosis after acute administration. *Journal Of Applied Pharmacy*, 6(3), 261-268 (**Impact Factor 0.33**)[Canada]
  - Nusrat Bano, **Rahila Najam**, Ahmed Mateen (2013) Neurological Adverse Effects in Patients of Advanced Colorectal Carcinoma Treated with Different Schedules of FOLFOX, *Chemotherapy research and practice*. vol. 2013, Article ID 379870, 7 pages, **2013**. doi:10.1155/2013/379870
  - **Rahela Najam**, Tamar Albert, Sadia Saleem Rao (2013) Hyperexcitation from fluoxetine use in rodents, *International Research Journal of Pharmacy*, 4(4), 100-103, (**Impact Factor 0.53**) [India]
  - Khatoon Humera and **Najam Rahila** (2013) Study on Efficacy of Acarbose (with and without Cornstarch Diet) in Comparison With Rosiglitazone in Diabetic Rats, *International Research Journal of Pharmacy*, 4(2), 67-70, (**Impact Factor 0.53**) [India]
  - Humera Khatoon and **Rahila Najam** (2012) Effects of Rosiglitazone and Acarbose (with and without Cornstarch Diet) on Serum Electrolytes in Diabetic Rats, *Journal of Applied Pharmaceutical Sciences*, 2(9), 50-53 [India]
  - Bushra Riaz, **Rahila Najam**, Iqbal Azhar, Saira Saeed Khan (2013) Hematopoietic effects of the brown algae *Iyengaria stellata* in albino rabbits, *Journal of Pharmacy Research*, 7(3), 215-218, (**Impact Factor 2.667**) [India]
  - Nusrat Bano, **Rahila Najam**, Talat Mirza, Saba Hassan (2013) Review of colorectal carcinoma and specific disease features in the population of Pakistan, *Asian Journal of Pharmaceutical and Clinical Research*, 6(Suppl 1), 13-17, (**Impact Factor 0.51**) [India]



- Nusrat Bano, **Rahila Najam**, Faaiza Qazi (2013) Adverse cardiac manifestations of cisplatin- A Review, International Journal of Pharmaceutical Sciences Review and Research, 18(1), 80-85, (**Impact Factor 2.191**) [India]
- Nusrat Bano, **Rahila Najam**. (2013) Oxaliplatin: A Review of its use in advanced colorectal carcinoma, International Journal of Pharmaceutical Sciences Review and Research, 18(1), 133-137, (**Impact Factor 2.191**) [India]
- Muhammad Aslam and **Rahila Najam** (2013) Anxiolytic and memory enhancing activity of Lagenaria Sciceraria in rodents, International journal of biomedical and advance research, 4(1), 40-46, (**Impact Factor 0.404**)
- Nusrat Bano, **Rahila Najam**, Ahmed Mateen (2013). Comparative assessment of skin and subcutaneous toxicity in patients of advanced colorectal carcinoma treated with different schedules of FOLFOX. Asian Pacific Journal of Cancer Prevention, **14** (3), 1781-1786. (Pubmed and Science Citation Index Expanded Impact Factor: 1.5)
- Nusrat Bano, **Rahila Najam** (2013). Treatment strategies for metastatic colorectal carcinoma- A mini review. International Journal of Pharmaceutical Sciences Review and Research, 20 (1):16-20.
- Nusrat Bano, **Rahila Najam**, Ahmed Mateen (2013). Effects on hepatic and renal biomarkers in patients of colorectal carcinoma treated with two different schedules of 5FU/LV. British Journal of Medical Practitioners.6 (4). a628.
- Nusrat Bano, **Rahila Najam** (2013), ChemInform Abstract: Oxaliplatin: Its Use in Advanced Colorectal Carcinoma. *ChemInform*,44: No.33-218DOI: **10.1002/chin.201333218** (<http://onlinelibrary.wiley.com/doi/10.1002/chin.201333218/abstract>)
- Riaz Bushra, **Najam Rahila**, Azhar Iqbal, Gul Somia (2012) Neuropharmacological screening of the Iyengaria stellata revealed its memory boosting, anxiolytics and antidepressant effects, International Research Journal of Pharmacy, 3(10), 90-94 (**Impact Factor 0.53**) [India]
- Nusrat Bano, **Rahila Najam**, Ahmed Mateen, Faiza Qazi. (2012) High and low dose Folinic Acid, 5 FU bolus and continuous infusion for poor prognosis patients with advanced colorectal carcinoma, Asia Pacific Journal Of Cancer Prevention, 13(8), 3589-3593, (**Impact Factor 1.5**) [Korea]
- Nuzhat Sultana and **Rahila Najam** (2012) Evaluation of general behavioral activities of aloe vera (L) burm.f., Asian Journal Of Biological And Life Sciences, 1(1), 61-65 [India]
- Nuzhat Sultana and **Rahila Najam**. (2012) Hematological evaluation of aloe vera (L.) burm.f and vitamin E., Asian Journal Of Biological And Life Sciences, 1(1), 66-71, [India]
- **Rahila Najam**, Shahida P. Ahmed and Iqbal Azhar (2010) Pharmacological activities of Hypnea musciformis, African Journal of Biomedical Research, 13(1) 69-74 [Africa]

## RESEARCH PUBLICATIONS - NATIONAL

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- Riaz, B., **Ikram, R.**, & Sikandar, B. (2018). Anticatalytic activity of Zamzam water in chlorpromazine induced animal model of Parkinson disease. Pakistan journal of pharmaceutical sciences, 31 2, 393-397.
- Humera Khatoon, **Rahila Ikram**, Ghulam Abbas (2018) Neuropharmacological effects of camel milk related to modulation of biogenic amines in experimental animals. Pakistan Journal of Pharmaceutical Sciences. (Accepted ). **(Impact Factor 0.682)**
- Raana Mahmood, **Rahila Najam**, Ghazala H. Rizwani and Humera Khatoon (2018) Comparison of neuropharmacological activities of methanolic extracts of cuminum nigrum (linn.) and centratherum anthelminticum (linn.) In mice. Pakistan Journal of Pharmaceutical Sciences. (Accepted ). **(Impact Factor 0.682)**
- Muhammad Asadullah , **Rahila Ikram** and Shazza Qazi. (2018) Vertebral spine osteoporosis treatment efficacy in local population: a clinical study. Pakistan Journal of Pharmaceutical Sciences. PJP (2018); 31 (61): 2347-2353 **(Impact Factor 0.682)**
- Sarfaraz S, **Najam R.** Evaluation of anti-inflammatory effect of natural dietary supplement Beta vulgaris (Beet root) in animal models of inflammation. RMJ. (2017); 42(3): 385-389.
- Faiza Hasan, **Rahila Najam**, Muhammad Usman. (2017). Anti-Inflammatory Effects of 1% Aspirin Geland Mouthwash on Clinical Parameters and on Salivary PGE2 Conc. in Periodontal Diseases: A Clinical Study. Med. Forum (2017); 28 (7): 55-59.
- Faiza Hasan, **Rahila Najam** , Shabana Usman Simjee (2017). Metformin- A Non-Conventional Drug for the Local Treatment of Periodontal Diseases: A Randomized Clinical Control Study. Medical Forum vol 28 (6) pg: 162-166
- Sadaf Naeem, **Rahila Najam**, Saira Saeed Khan, Sadia Saleem Rao. (2017). NSAIDs ameliorate cognitive and motor impairment in a model of Parkinsonism induced by chlorpromazine. Pakistan Journal of Pharmaceutical Sciences 30 (3) **(Impact Factor 0.682)**
- Humera Khatoon, **Rahela Najam**, Talat Mirza, Bushra Sikandar (2016) Beneficial anti-Parkinson effects of camel milk in Chlorpromazine-induced animal model: Behavioural and histopathological study, Pakistan Journal of Pharmaceutical Sciences 29(5) 1525-1530 **(Impact Factor 0.682)**
- Sadia Saleem Rao, **Rahila Najam**. (2016) Efficacy of combination herbal product (*curcuma longa* and *eugenia jambolana*) used for diabetes mellitus, Pakistan Journal of Pharmaceutical Sciences,; 29 (1): 203-206. **(Impact Factor 0.682)**

- Akram, S., **Najam, R.**, Rizwani, G. H., & Abbas, S. A. (2015). Determination of heavy metal contents by atomic absorption spectroscopy (AAS) in some medicinal plants from Pakistani and Malaysian origin. *Pakistan journal of pharmaceutical sciences*, 28(5), 1781-1787.
- Nausheen Alam and **Rahila Najam**, Saira Saeed Khan (2015) Attenuation Of Methylphenidate-Induced Tolerance On Cognition By Bupirone Co-Administration. *Pakistan Journal of Pharmaceutical Sciences*,28(5) 1601-1605 (**Impact Factor 0.682**)
- Nausheen Alam and **Rahila Najam** (2015) Effect of repeated oral therapeutic doses of methylphenidate on food intake and growth rate in rats, *Pakistan Journal of Pharmaceutical Sciences*, 28(1), 9-13 (**Impact Factor 0.95**)
- Bushra Riaz, **Rahila Najam**, Humera Anser, Muhammad Shaiq Ali (2014) Evaluation of *Iyengaria stellata* for its hypolipidemic and hepatoprotective activity, *Pakistan Journal of Pharmaceutical Sciences*,27(6), 1775-1779 (**Impact Factor 0.95**)
- **Rahila Najam**, Nusrat Bano, Talat Mirza and Saba Hassan (2014) Adverse effects on cardiovascular status and lipid levels of albino Wistar rats treated with cisplatin and oxaliplatin in combination with 5 Flurouracil, *Pakistan Journal of Pharmaceutical Sciences*, 27 (5 Spec), 1409-18 (**Impact Factor 0.95**)
- Saira Saeed Khan, **Rahila Najam**, Humera Anser, Bushra Riaz and Nausheen Alam (2014) Chamomile tea: Herbal hypoglycemic alternative for conventional medicine, *Pakistan Journal of Pharmaceutical Sciences*, 27 (5 Spec),1509-14 (**Impact Factor 0.95**)
- Humera Anser, **Rahela Najam**, Saira Saeed Khan and Bushra Riaz (2014) The effects of intellan and cytacon on hematological and biochemical parameter in rabbits: A comparative study, *Pakistan Journal of Pharmaceutical Sciences*, 27 (5), 1147-51 (**Impact Factor 0.95**)
- **Rahila Najam**, Nusrat Bano, Ahmed Mateen (2013). Comparative cardiac toxicity in two treatment schedules of 5-FU/LV for colorectal carcinoma. *Pakistan Journal of Pharmaceutical Sciences*, **26** (5):1013-1022. (Thomson Reuter Impact Factor 0.682)
- Nusrat Bano, **Rahila Najam**, Ahmed Mateen Talat Mirza. (2013). Effects on cardiac biomarkers in colorectal cancer patients treated with FOLFOX. *Pakistan Journal of Medicine and Dentistry*. 2(2):9-15.
- Nusrat Bano, **Rahila Najam**, Ahmed Mateen and Faiza Qazi. (2012) Implication of age and gender on cardio toxicity in patients treated with two schedules of 5 FU/LV, *Pakistan Journal of Pharmacology*, 29(2), 43-51
- Nusrat Bano, **Rahila Najam**, Ahmed Mateen. (2012).Cardiovascular risk factors and long-term toxicity after cisplatin based chemotherapy in patients of germ cell carcinoma. *Pakistan Journal of Physiology*, **8** (1).
- Faiza Hasan, Kamran Asadullah, Syed Atif Abbas, **Rahila Najam**, Baqar Shyum Naqvi. (2012) In vitro evaluation of anti microbial activity of calcium hydroxide with oily vehicles in dental treatment, *Medical Forum*, 23 (9), 78-82.

- Nuzhat Sultana and **Rahila Najam** (2012) Anxiolytic activity of aloe vera (L.) Burm.F Tested in Rodents, *Pakistan Journal of Pharmacology*, 29 (1), 7-15.
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## **PUBLISHED ABSTRACTS**

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- Comparative Metabolic Toxicity in Patients of Advanced Colorectal Carcinoma Treated with Different Schedules of FOLFOX. **Rahila Najam**, Nusrat Bano 5<sup>th</sup> International Conference on Drug discovery and Therapy, *Anticancer drug discovery and therapy*. Dubai, UAE Feb 18-21, 2013
- Comparative risk of Thrombocytopenia in patients of colorectal carcinoma with liver metastases treated with 5FU/LV and FOLFOX 4. **Rahila Najam**, Nusrat Bano 6<sup>th</sup> Annual Meeting of Pakistan Society of Study of Liver Diseases and Conference on *Liver Cancer Current Concepts and Management-PSSLD*, Dec 14-16,2012.Pakistan. **(Best Scientific Presentation Award-2012)**
- Screening of Adverse Musculoskeletal Effects of Oxaliplatin Based Chemotherapy in Patients of Advanced Colorectal carcinoma. Nusrat Bano, **Rahila Najam**. 4<sup>th</sup> International symposium on *Molecular Medicine and Drug Research-MMDR-4*, January 7-10, 2013.
- Electrolyte imbalance and hypotension as manifestation of acute cardio toxicity in patients treated with Cisplatin based chemotherapy. Nusrat Bano, **Rahila Najam**, Ahmed Mateen, Faaiza Qazi. 11th Shaikat Khanum Cancer Symposium “Costs of Cure”.9-11 November 2012
- Acute chemotherapeutic induced cardiovascular toxicity in patients treated with Cisplatin. Nusrat Bano, **Rahela Najam**, Faaiza Qazi, Ahmed Mateen. 13th International Symposium on Natural Product Chemistry (ISNPC-13) 22-25 September 2012
- Two schedules of high and low dose Folinic acid, 5Fluorouracil bolus and continuous infusion in poor-prognosis patients with advanced measurable colorectal carcinoma. Nusrat Bano, **Rahela Najam**, Faaiza Qazi. 3rd Annual Symposium, Ziauddin University 28th April 2012
- The therapeutic role of magnesium supplements in clinical depression. Nusrat Bano and **Rahela Najam** in the International Conference of Chemistry and its Role in Science (ICCRS-1) Jan. 3-5, 2011. Karachi Pakistan

## **PROFESSIONAL DISTINCTION AND AWARDS**

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- Name in Productive Scientists of Pakistan (2017) (sci-id 29798)
- Name in Research award (1994-1995)
- Name in researchers of Pakistan (2001-2002)
- Name in Productive Scientists of Pakistan
- First position holder in B.Pharm (Gold Medalist)

## ACADEMIC REPRESENTATION

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- Invited Guest speaker on ARY Digital Channel to speak on educational reforms (Date not sure)
- Invited Guest speaker in International conference on “Emerging roles of Pharmacist- 2014” organized in Ziauddin University.
- Chairperson, scientific sessions, in International conference on “Emerging roles of Pharmacist- 2014” organized in Ziauddin University
- Invited Guest speaker in 2<sup>nd</sup> National conference on Research in pharmacy” organized by DUHS, Karachi, Pakistan 7<sup>th</sup> Sep 2013
- Invited Guest speaker in National Institute of Blood Diseases & Bone Marrow Transplantation, Karachi (TPN 2nd March 2013)
- Invited Guest speaker in The International Conference of Chemistry and its Role in Science (ICCRS-1) Jan. 3-5, 2011. Karachi Pakistan

## CHAPTER CONTRIBUTION IN A BOOK

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Book : Nutrients in Dairy and Their Implications for Health and Disease published on **22<sup>nd</sup> June 2017**. The title of chapter is “Bioactive Components in Camel Milk: Their Nutritive Value and therapeutic applications”. **By ELSEVIER.**