

Dr. Maryam Ahmed

B. Pharm, Ph.D.,

Email : dr.maryamahmd@gmail.com

Academic Positions

- **Assistant Professor**, Faculty of Pharmacy and Pharmaceutical Sciences, University of Karachi.
- **Member of Board of Studies in Ziauddin University.**
- **Member of Board of Studies in Dewan University.**
- **Member of Board of Research in University of Karachi.**
- **Member of Board of Faculty in University of Karachi.**

Awards & Research Grant

- Assessment and Analysis of standardized herbal extracts and products available in local market. **By HEC**
- A Gold Medal awarded by Pakistan Society of Pharmacognosy on outstanding research work in the field of Pharmacognosy, **2014**

Diplomas In

Clinical Trial Certificate Programme

The course includes all the Clinical Trials including data collection, analysis, monitoring & case management of protocol participants according to *Good Clinical Practice (GCP) conforming to International Conference on Harmonization (ICH)*.

Clinical research professionals course also covers the management of clinical trials, epidemiological studies and Ethical criteria for clinical trial conduction.

Quality Assurance Management in Health Care System

The course includes quality management and ISO certification protocols and requirements in different organizations especially in health care system.

Statistical Software

The course includes on hand training of soft ware like SPSS, SAS, Minitab, Epidata and MS excel.

Mindful Leadership

This course includes Employee focused methodology for achieving better organizational outcomes. It covers the methodology to

- Reduce organizational risk
- Create an environment of innovation
- Increased focus
- Personal productivity
- Increase employee engagement & satisfaction
- Ability to prioritize
- Performance under pressure

Area of Interest

- Research and Projects Development
- Management
- Research Publications
- Pharmaceutical and Food Industries
- Phytomedicine

Reviewer of many International Journals

Review more than 300 international papers for different international journals.

Editorial Board Member of Research Journal

- European Journal of Biomedical and Pharmaceutical Sciences.
- American Journal of Phytomedicine and Clinical Therapeutics
- Journal of Pharmacy & Nutrition Sciences (JPANS)
- Mintage Journal of Pharmaceutical and Medical Sciences.
- VRI Phytomedicine.

- VRI Biological Medicinal Chemistry.

Research Publications

- 1) Anti-diarrheal, antipyretic and phytochemical investigation of methanolic extract of Ficus lyrata leaves. Rafia Andleeb, Nazia Aslam, Muhammad Asad Saeed, Muhammad Farooq, **Maryam Ahmed**, Hammad Ahmad, Sherjeel Adnan, Zeeshan Masood, Somal Nisar and Nazia Batool, Pakistan Journal of Pharmaceutical Sciences . **Vol. 36, No.1, p281-286, 2023**
- 2) Impact of text reminders on drug adherence in post liver transplant patients. Sajid Ali, Mirza Tasawer Baig, Anwer Ejaz Beg, Shazia Aslam, Syed Zia Ul Hasnain, **Maryam Ahmed**, Aurangzeb Khan, Ayaz Ali, J. of Hunan University Natural Sciences, Vol 50, No1, 2023.
- 3) Determination of the heavy metal contents of frequently used herbal products in Pakistan. Tehseen Quds, **Maryam Ahmed**, Sadia Shakeel, Nusrat Jalbani, Farah Mazhar, Iqbal Azhar, Trop J Pharm Res, **20(2):377-382, 2021**
- 4) Potential anti-inflammatory effect of Cissus quadrangularis L. and Lepidium Sativum L. along with their combination extracts. Amir Shadmani, Ghazala H. Rizwani and **Maryam Ahmed**, Pak. J. Pharm. Sci, **Vol 31,(5(Suppl)), 2119-2122, 2018.**
- 5) Spectrophotometric method development and validation for determination of chlorpheniramine maleate in bulk and controlled release tablets. Maria Ashfaq, Ali Akber Sial, Rabia Bushra, Atta-ur-Rehman, Mirza Tasawur Baig, Ambreen Huma and **Maryam Ahmed**. Pak. J. Pharm. Sci., **Vol.31, (1(Suppl)), 353-358, 2018.**
- 6) Need for health education programs: The health care workers insight. Rabia Bushra, Yousra shafiq, Maqsood Ahmed Khan, Sana Ghayas, Fakhshheena Anjum, **Maryam Ahmed**, Arshad Jamal. Pakistan Journal of Medicine and Dentistry, **vol. 6 (04), 33-38 2017**
- 7) Irrational antibiotic prescribing practice among children in critical care of tertiary hospitals. Mirza Tasawer Baig, Ali Akbar Sial, Ambreen Huma, **Maryam Ahmed**, Uzma Shahid, Nayel Syed. Pak. J. Pharm. Sci, **Vol 30(4(Suppl)), 1483-1489, 2017.**

- 8) Potential analgesic effect of *Cissus quadrangularis l.* and *Lepedium sativum l.* along with their combination extracts. Amir Shadmani, Ghazala H. Rizwani and **Maryam Ahmed**. *IJPCBS*, **7(2): 2017**.
- 9) Antimalarial and insecticidal activities of newly synthesized derivatives of Benzimidazole. Arfa Kamil, Shamim Akhter, **Maryam Ahmed**, Ghazala H. Rizwani, Sohail Hassan, Sabahat Naeem, Sarwat Jahan, Raheela Khursheed and Hina Zahid. *Pak. J. Pharm. Sci*, **28(6):2179-2184, 2015**.
- 10) *Anethum graveolens* seeds aqueous extract stimulates whole brain 5-hydroxytryptamine metabolism and reduces feeding behavior and body weight in obese rats. Farhat Bano, Afrinah Ahmed, **Maryam Ahmed** and Tahira Parveen. *Pak. J. Pharm. Sci*, **28(1): 221-225, 2015**.
- 11) Effect of *Punica granatum* and *Syzygium cumini* on Body Weights in Ethylene Glycol-Induced Kidney Stone Rats. Ayesha Tajammul, Nurul Kabir, **Maryam Ahmed**, Ali Sufyan. *VRI Phytomedicine*, **3(1):5-7, 2015**.
- 12) *Annona squamosa* Linn: Cytotoxic activity found in leaf extract against human tumor cell lines. De-Shen Wang , Ghazala H Rizwani, Huiqin Guo, Mansoor Ahmed, **Maryam Ahmed**, Syed Zeeshan Hassan, Amir Hassan, Zhe-Sheng Chen and Rui-Hua Xu. *PJPS*. **27(5):1559-1563, 2014**.
- 13) Antidepressant effect and categorization of Inhibitory activity of monoamine oxidase type A and B of ethanolic extract of seeds of *Trigonella foenum graecum* Linn. Raheela Khursheed, Ghazala H Rizwani, Viqar Sultana, **Maryam Ahmed**, Arfa Kamil. *PJPS*. **27(5):1419-1425, 2014**.
- 14) Effect of soft drinks on in-vitro kidney stone (calcium oxalate monohydrate). Ayesha Tajammul, Nurul Kabir, **Maryam Ahmed** and Ali Sufyan. *Int. J. Pharmacognosy*. **1(6):399-403, 2014**.

- 15) Pharmacognostical Standardization of Leaves of *Ricinus Communis* L. Raheela Khursheed, Ghazala .H. Rizwani, Huma Sharif, **Maryam Ahmad**. International Journal of Pharmacy. Photon **104: 321-326, 2013**.
- 16) Medicinal Importance of *Holoptelea Integrifolia* (Roxb).Planch – Its Biological and Pharmacological Activities. Shaukat Khalid, Ghazala H.Rizwan, Hina Yasin, Rehana Perveen, Hina Abrar, Huma Shareef, Kaneez Fatima and **Maryam Ahmed**. Natural Products Chemistry & Research. **2 (1): 1-4, 2013**.
- 17) Pharmaceutical Standardization and Evaluation of Herbomineral Cream (ALG-06) for Leucoderma. Ambreen Huma, Ghazala H Rizwani, Muhammed Usman, **Maryam Ahmed**, Shakeel Ahmed Ansari. VRI Phytomedicine. **1(1):8- 13, 2013**.
- 18) Comprehensive Standardization of Stem Bark of Pakistani Medicinal Plant *Holoptelea integrifolia* (Roxb.) Planch according to WHO Guidelines. **Maryam Ahmed**, Ghazala H. Rizwani, Raheela Khursheed, Sumaira Ishaque, AmbreenHuma, Shaukat Mahmud, Surraiya Khatoon. The Journal of Ethnobiology and Traditional Medicine. Photon. **120: 602-607, 2013**.
- 19) Antineoplastic activity of *Holoptelea integrifolia* (Roxb.) Planch bark extracts (in vitro). HuiqinGuo, De-Shen Wang, Ghazala H Rizwani, Mansoor Ahmed, **Maryam Ahmed**, Amir Hassan, Rui-HuaXu, Najia Mansoor, Amit K Tiwari and Zhe-Sheng Chen. *Pak. J. Pharm. Sci.*, **26(6):1151-1156, 2013**.
- 20) Chemical and Biological Studies of 2-(2'-pyridyl) Benzimidazole and Its Synthesized Derivatives. Arfa Kamil, Shamim Akhter, **Maryam Ahmed**, Ghazala Hafeez Rizwani, Sarwat Jahan, Sohail Hassan, Shaheena Fayyaz, Shaukat Mahmud. *VRI Biological Medicinal Chemistry*, **1(2): 51-56, 2013**
- 21) Beneficial exploration of natural pesticides from higher plant. **Maryam Ahmed**, Ghazala H. Rizwani, Shahina Fayyaz, Firoza Qazi and Shaukat Mahmud. *Int. J. of Pharmaceutical sciences and Research*, **4(3): 2013**.

- 22) A triterpenoid antioxidant agents found in *Holoptelea integrifolia* (Roxb) Planch. **Maryam Ahmed**, Ghazala H. Rizwani, Faryal Vali Mohammed, Iffat Mahmood, Viqar uddin Ahmed and Shaukat Mahmud, *Int. J. of Pharmaceutical, Chemical and Biological Sciences*, **3(1): 2013**.
- 23) Pharmacognostic evaluation of herbomineral formulation (ALG-06) used in Vitiligo. Ambreen Huma, Ghazala H. Rizwani, Mohammed Usman and **Maryam Ahmed** *Int. J. of Pharmacy and Pharmaceutical Science*, **5 (1): 2013**.
- 24) Pharmacognostic Standardization of a Polyherbal capsule used for treating Menorrhagia. Sumaira Ishaque, Ghazala H Rizwani, Shukat Mahmud, **Maryam Ahmed**, Huma Shareef, *Int. J. of Natural Product Science*, **2(3): 29-44, 2012**.
- 25) Analgesic and antipyretic activities of *Hibiscus schizopetalus* (Mast). Hook. Hina Zahid, Ghazala H. Rizwani, Huma Shareef, **Maryam Ahmed**, Bushra Hina. *Int. J. of Pharmacy and Pharmaceutical Science*, **4 (3): 2012**.
- 26) Analgesic activity of various extracts of *Holoptelea integrifolia* (Roxb.) Planch leaves, Ghazala H. Rizwani, Shaukat Mahmud, Huma Shareef, Rehana Parveen and **Maryam Ahmed**, *PJPS*, **25(3): 2012**.
- 27) Atomic absorption spectroscopic analysis of some Pakistani herbal medicinal products used in respiratory tract diseases. Bushra Hina, Ghazala H. Rizwani, Huma Sharif, **Maryam Ahmed**, *Pak. J. of Pharmaceutical Sciences*, **25(1): 2012**.
- 28) Formulation and Pharmaceutical evaluation of Polyherbal capsule (Femitex-SP4) for treating Menorrhagia, Sumaira Ishaque Ghazala H. Rizwani, Huma Shareef, Shahnaz Gouhar, **Maryam Ahmed**, and Raheela Khursheed, *Int. J. of Pharmacy and Pharmaceutical Science*, **3(5): 149-154, 2011**.
- 29) Pharmacognostic Studies on Fresh Mature Leaves of *Holoptelea integrifolia* (Roxb) Planch, Shaukat Mahmud, Huma Shareef, **Maryam Ahmed**, Shahnaz Gouhar and Ghazala H. Rizwani, *Pak. J. Bot.*, **42(6): 3705-3708, 2010**.

Workshop Facilitator

Commercial manufacturing of Herbal products, 1st International Pharmacy Conference “Emerging Fields of Pharmacy”, 19-21 Sep 2014, Ziauddin University.

Presentations

Oral Presentation

- “*Intercutol Ointment*” against Cutaneous Leishmaniasis- A randomized clinical trial of herbal formulation, on 32nd PAD Conference of Dermatology 13-15 Dec 2013, Karachi, Pakistan.
- Formulation and evaluation of herbal ointment used against leishmaniasis, on 4th Hamdard International conference on Unani Medicine: Past, Present and Future, 9-11, 2017, Karachi, Pakistan.

Poster Presentation

- 1) *Cissus quadrangularis L.* and *Lepidium sativum L.* along with their combination extracts posses potential analgesic effect, in 6th National Pharmacognosy Conference on Health care concerns and phytotherapies.
- 2) Pharmacognostics studies on the seeds of *Punica granatum L.*, in 6th National Pharmacognosy Conference on Health care concerns and phytotherapies.
- 3) Effect of Sisalagin oil among patients suffering from general pain conditions, in 6th National Pharmacognosy Conference on Health care concerns and phytotherapies.
- 4) Antibacterial and antifungal activity of *Lactuca sativa Linn.*, in 1st National conference on Health Quality and advancements in Pharmacy.
- 5) Development of new analytical method for simultaneous analysis of Paracetamol, Tizanidine and Diclofenac: its application in Pharmaceutical and in Human Serum, in 1st National conference on Health Quality and advancements in Pharmacy.

- 6) Pharmacological investigation of methanolic extract of *Ulmus integrifolia Roxb*, in 3rd International Symposium-cum-Training Course on Molecular Medicine and Drug Research (MMDR-3).
- 7) Anti bacterial, antimycelial and phytochemical analysis of some traditionally used medicinal plants of Pakistan, in 3rd International Symposium-cum-Training Course on Molecular Medicine and Drug Research (MMDR-3).
- 8) Pharmacognostical standardization of flower of *Delonix regia* (Bojer Ex Hook) RAF, in 3rd Symposium on “Pharmacist: A need of health care system”.

Symposium, Seminar, Conferences & Workshop

- Annual International Conference “Rehabilitation, Translational, Clinical & Research Perspectives” organized by Ziauddin University, **23-24 Feb 2018**
- 5th National and 2nd International Conference “Quality, Safety and Outcomes: A Paradigm Shift in Pharmacy, **14th Oct 2017**
- 4th Hamdard International Conference on Unani Medicine- 2017 “Unani Medicine: Past, Present and Future”organized by Hamdard University, **9-11 Jan 2017.**
- Seminar on “Agilent total solutions Chromatography & Spectroscopy”, organized by H.A Shah & Sons and Agilent technologies **23rd Oct 2014.**
- 1st International Pharmacy Conference “Emerging Fields of Pharmacy”, organized by Faculty of Pharmacy, Ziauddin University **19-21 Sep 2014.**
- 6th National Pharmacognosy Conference on “Health Care Concerns and Phytotherapies”, organized by Pakistan Society of Pharmacognosy and Natural Products **26th June 2014.**
- Seminar on “Intellectual property protection, guidelines for researchers and industry, organized by PASTIC and Faculty of Civil Engineering, Ned University of Engineering and Technology, **28 May 2014.**
- 1st National conference on “Health Quality and advancements in Pharmacy”, organized by Faculty of Pharmacy, Federal Urdu University of Arts, Science and Technology, **26th April 2014.**
- 1st National symposium on “Health, Safety and Environment”, organized by Dept. of Environmental Sciences, Federal Urdu University of Arts, Science and Technology, **4th March 2014.**
- Conference on 32nd PAD Conference of Dermatology **13-15 Dec 2013**, Karachi, Pakistan.

- 2nd National Conference on “Research in Pharmacy” organized by Faculty of Pharmaceutical Sciences, Dow University of Health Sciences, **7th Sep 2013**.
- Conference on “Malaria Awareness in Pakistan”, organized by Faculty of Pharmacy, Federal Urdu University of Arts, Science and Technology, **25-26th April 2013**.
- Seminar on “Innovative contribution of pharmacists in collaborative Pharmacy Practice”, organized by Faculty of Pharmacy, University of Karachi, **2nd Feb 2013**.
- Workshop on “Project Formulation Workshop”, organized by Pakistan Science Foundation, **17-18th January 2013**.
- National conference on “Quality of responsible education in Pakistan”, organized by Pakistan Institute of Quality Control and United Nation Global Compact Pakistan Local Network, **6th Oct 2012**.
- International conference **Bio Con** on “Biochemistry in the Post-Genomic Era”, **9-11th July, 2012**, organized by Department of Biochemistry, University of Karachi.
- Symposium on “Pharmacist: A need of health care system”, **28th April, 2012**, organized by Ziauddin College of Pharmacy, Ziauddin University.
- Seminar on “Pharmacy, A unique profession, Role of community pharmacy in Pakistan and impact of clinical pharmacist in changing health care system”, **29th Feb, 2012**, organized by Faculty of Pharmacy, Hamdard University.
- Seminar on “World food crises: Role of Scientist and Progressive Farmers,” **3 Jan, 2012**.
- Workshop on “How to Write Scientific Manuscripts for High Impact Factor Journals” organized by L.E.J National Science Information Center under the Virtual Education Project Pakistan(VEPP) and Higher Education Commission, Pakistan. **SEP 23, 2011**.
- Workshop on “How to Write Scientific Manuscripts for High Impact Factor Journals” organized by L.E.J National Science Information Center under the Virtual Education Project Pakistan(VEPP) and Higher Education Commission, Pakistan. **JULY 23, 2011**.
- Workshop on “Case Based Teaching” held at Higher Education Commission, Regional Center Karachi, on **JULY 20-21, 2011**, organized by Learning Innovation Division.
- Symposium on “Clinical Pharmacy Practice, An Era of Transition from Theory to Practice”, on **23rd April 2011**, organized by Ziauddin College of Pharmacy, Ziauddin University.
- Seminar on Pharmacy profession “A Tool to enhance Patient Care”. **Jan 13, 2011**, organized by Faculty of Pharmacy, University of Karachi in collaboration with Cando Consultancy and Training Services.

- 3rd International Symposium-cum-Training Course on Molecular Medicine and Drug Research (MMDR-3). **Jan 3-6, 2011**, organized by Dr. Panjwani Center for Molecular Medicine and Drug Research.
- Workshop on Development of Sustainable and Collaborative Research Networks organized by British Council and HEC. **DEC 6-7, 2010**.
- 5TH Pharmacognosy Conference 2010 on Current Challenges in Medicine and Therapy, organized by Pakistan Society of Pharmacognosy and Natural Products **July 10, 2010**.

Professional Data

Work Experience

- Assistant Professor, University of Karachi. *Aug 2018- uptill now*
- Associate Professor, Ziauddin University. *Jan 2017- July 2018*
- Assistant Professor, Ziauddin University. *Oct 2016- Dec 2016*
- R & D Department, Nigehban Compounding Pharmacy. *Dec 2014 – Sep 2016*
- Assistant Professor, Federal Urdu University for Arts, Science and Technology. *Nov 2012- June 2016*
- Research Associate, University of Karachi. *July – Nov 2012*
- Assistant Professor, Jinnah University for Women. *Feb – June 2012*
- Nigehban Compounding Pharmacy. *April 2011 – Jan 2012*
- Institute of Skin Diseases Sindh, Karachi. *July 2009- March 2011*
- Nigehban Compounding Pharmacy *Jan 2007 – July 2009*

Special Skills & Continuous Professional Development

- ◇ Quality Management System.
- ◇ Health care Administration.
- ◇ Power Point Presentation Skills.
- ◇ Effective Management of Pharmacy Services and inventory control.
- ◇ In patient and Out-patient Pharmacy Care Services.
- ◇ Training program for fresh pharmacist.
- ◇ Extemporaneous compounding (non sterile dosage form)
- ◇ Pediatrics', Oncology and special prescribe doses preparation and formulation.
- ◇ Drug & poison information services.
- ◇ Patient counseling.
- ◇ To prepare cosmetics products.

Reference

Will be furnished if needed