

BIODATA

Aisha Azmat

M.Phil (Pharmacology), MSc (Physiology), BSc (Hons: Physiology).

Lecturer, Department of Physiology, Faculty of medicine. Umm Al-Qura University, Makkah Al Mukarramah, Kingdom Of Saudi Arabia

BLS instructor: American Heart Association (ID: 11150383850)

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1. QUALIFICATIONS:

M.Phil (2007)

M.Phil. (PHARMACOLOGY) from Hamdard University, Karachi Pakistan.

M.Sc (2001)

M.Sc. (PHYSIOLOGY) from Karachi University, “FIRST CLASS FIRST POSITION”

B.Sc. (Hons.) (1998-2000)

B.Sc. Hons (PHYSIOLOGY) from Karachi University, “FIRST CLASS FIRST POSITION”

2. SERVICE EXPERIENCE

Lecturer	Dept. of Physiology, Faculty of medicine (UQU)	2008 To-2025
BLS Instructor	American Heart Association	2016-To-date
Lecturer	Dept. of Physiology ((University of Karachi)	2006- 2008
Research Associate	Dr. HMIIPHS (Hamdard University)	2003-2006
Lecturer (Physiology)	Faculty of Pharmacy (Hamdard University)	2004- 2006
Lecturer (Pharmacology)	Faculty of Pharmacy (Hamdard University)	2003-2006
Research Officer	Dr. HMIIPHS (Hamdard University)	2002-2003
Cooperative Teacher	Dept. of Physiology (University of Karachi)	2002-2002

3. Courses Taught

a) Umm Al-Qura University

- Third Year Neurophysiology for Medicine
- Second Year Physiology for Medicine
- First year Physiology for Medicine and Dentistry
- First year Physiology for Pharmacy College
- First year Physiology for Nursing College
- First year Physiology for Laboratory Medicine College
- MSc Physiology for Masters Students
- Cardiovascular physiology for ECG Elective Module
- Reproductive Physiology for Reproductive Elective module
- Research methodology: Vertical modules
- ECG: Vertical Module

b) University of Karachi

- All courses for BSc (Hons) and Neuro-physiology for Masters students

c) Hamdard University

- Full course Physiology (First year Pharmacy students)
- Full course Pharmacology (Second year Pharmacy students)
- Full course Pharmacology (Third year Pharmacy students)

4. Member of Different committees in Umm Al Qura University:

1. Curriculum and Program Development Committee for the First Year of Medicine and Dentistry
2. Laboratory Orders Committee at the Female Students' Campus

3. Examination Affair Committee
4. Restructuring the coordinators' team and following up on students' attendance (2nd and 3rd year Medicine)
5. Chemicals and Laboratory Equipment Follow-up Committee
6. *Supervising the research laboratory*
7. *Scientific research committee*

5. Research Supervised:

- i. **Hypocholesterolemic and hypoglycemic activity of *Acacia Tortilis* growing in Makkah**” at Department of Physiology, Umm Al Qura University.
- ii. **Enhanced memory processes under the influence of Arabic coffee: A comparative study testing stimulant effects of coffee and Arabic coffee on the psychomotor performance**” at Department of Physiology, Umm Al Qura University
- iii. **Neuropharmacological profile of *Acacia Tortilis* growing in Makkah** ” at Department of Physiology, Umm Al Qura University

Funded Research Projects: (Research Assistant)

1. **Hypoglycemic and antidiabetic activity of *Acacia tortilis*, in normal and streptozotocin induced diabetic rats and isolation of an active fraction and toxicity evaluation of the extract. (Completed)**
2. **Pharmacodynamics Studies of *Acacia tortilis* Found in Kingdom of Saudi Arabia on Cardiovascular System of Rats. (Completed)**
3. **Hypoglycemic, Hypolipidemic and hypotensive effects of *Aloe arnatissima*: Search for a potential agent for the treatment of metabolic syndrome in rats (Completed).**

6. LIST OF PUBLICATIONS:

1. Prevalence of Anemia in Saudi Women of Reproductive Age and its Association with a Family History of Anemia in Makkah, Saudi Arabia Halah Tariq Albar, Arwa Y. Zakri, Amir Elmubarek Ali, Samah Labban, Dareen Mattar, Aisha Azmat, Wahaj. A. Khan, Mohamed Osman Elamin, Ahmed A. Osman. Glob J Med Pharm Biomed Update **20** (7).
2. Antihyperglycemic, antiglycation, antihypercholesteremic, and toxicity evaluation with gas chromatography mass spectrometry profiling for *Aloe arnatissima* leaves Abdulhalim S Serafi, Muhammad Ahmed, Imran Shahid, **Aisha Azmat**, Ammar Bader Mohammed A Bafail, Shalan Alaamri, Rizwan Ahmad Open Chemistry, April 2024; 22: 20240023. <https://doi.org/10.1515/chem-2024-0023>

3. Saleem Z, Haseeb A, Abuhussain SSA, Moore CE, Kamran SH, Qamar MU, **Aisha Azmat**, Pichierri G, Raees F, Asghar S, Saeed A, Amir A, Hashmi FK, Meyer JC, Sefah IA, Rehman IU, Nadeem MU, Godman B. Antibiotic Susceptibility Surveillance in the Punjab Province of Pakistan: Findings and Implications. *Medicina* (Kaunas). 2023 Jun 28;59(7):1215. doi: 10.3390/medicina59071215.
4. Haseeb A, Saleem Z, Maqadmi AF, Allehyani RA, Mahrous AJ, Elrggal ME, Kamran SH, AlGethamy M, Naji AS, AlQarni A, **Aisha Azmat**, et al. Ongoing Strategies to Improve Antimicrobial Utilization in Hospitals across the Middle East and North Africa (MENA): Findings and Implications. *Antibiotics*. 2023; 12(5):827. <https://doi.org/10.3390/antibiotics12050827>
5. Saleem Z, Ahsan U, Haseeb A, Altaf U, Batool N, Rani H, Jaffer J, Shahid F, Hussain M, Amir A, Rehman IU, Saleh U, Shabbir S, Qamar MU, Altowayan WM, Raees F, **Aisha Azmat**, Imam MT, Skosana PP, Godman B. Antibiotic Utilization Patterns for Different Wound Types among Surgical Patients: Findings and Implications. *Antibiotics* (Basel). 2023 Mar 30;12(4):678. doi: 10.3390/antibiotics12040678.
6. Measurement of hemodynamic parameters and antidepressant activity in hypertensive rats following two weeks consumption of Acacia tortilis leaves extract. Abdulhalim S. Serafi, Aisha Azmat, Muhammad Ahmed, Mohammed Bafail and Zahir Hussain. *Natural product journal*. 2022; 12(5): 8.
7. Beneficial Effects of Black Cardamom (*Amomum subulatum*) on Hemodynamic Parameters in Normotensive and Spontaneously Hypertensive Rats. Abdulhalim S. Serafi, Aisha Azmat, Muhammad Ahmed, Mohammed Bafail and Zahir Hussain. *Pakistan Journal of Biological Sciences*. 2022; 25: 358-368.
8. Biochemical and Histopathological Effects on Liver profile due to acute and subacute oral toxicity of somina in rats. Aisha Azmat, Muhammad Ahmed. *RADS J. Pharm Pharm sci*. 2021; 9(1):60-65.
9. Body Mass Index (BMI) related changes of Electrocardiogram (ECG) in young adult females. Ruqaiya Hasan, Abdul halim Salim Serafi and Aisha Azmat. *Int J Biol Med Res*. 2020; 11(2): 6690-6694.
10. Anti-diabetic potential of *Plectranthus lanuginosus* in streptozotocin-induced diabetic rats. Mohammed H Mukhtar, Waleed H Almalki, Muhammad Ahmed, Aisha Azmat. *Tropical Journal of Pharmaceutical Research* October 2019; 18 (10): 2095-2100
11. Hypotensive and Antioxidant Constituents of Stem Wood of *Bombax ceiba*. Sadia Zikr-ur-Rehman, Muhammad Ali Versiani, Rubeena Saleem, Farzana Sadaf, Aisha Azmat, Muhammad Ahmad, Ahsana Dar, and Shaheen Faizi. 2019. *Chemistry of Natural Compounds*. No. 5, September–October, 2019, pp. 809–810.
12. In vivo Pharmacodynamics Studies of *Acacia tortilis* Found in Kingdom of Saudi Arabia on Cardiovascular System of Rats. 2018. Abdulhalim S. Serafi, Aisha Azmat, Muhammad Ahmed, Mohammed Bafail and Zahir Hussain. *International Journal of Pharmacology*. 2018; 14(8):1066-1071.
13. Comparative effect of coffee robusta and coffee arabica (Qahwa) on memory and attention. Waheeb D. M. Alharbi, Aisha Azmat, Muhammad Ahmed. *Metabolic Brain Disease* (2018) 33(4):1203–1210

14. Stress and Obesity in Umm Al-Qura University Medical Students. Abdul Halim S Serafi, Syed Najamuddin Farooq, Ammad Ahmed, Aisha Azmat Khan, Muhammad Amir Mustufa, Muhammad Irfan Safi Rizvi. Saudi J. Med., Vol-3, Iss-3 (Mar, 2018): 69-77
15. Decreased brain serotonin turnover rate following administration of Sharbat-e-Ahmed Shah produces antidepressant and anxiolytic effect in rat. Muhammad Ahmed & Aisha Azmat. Metab Brain Dis (2017) 32:1785–1790. DOI 10.1007/s11011-017-0065-6
16. Acute hypotensive and diuretic activities of *Berberis vulgaris* root bark aqueous extract in normal rats. Muhammad Ahmed, Aisha Azmat, Salahuddin Khan. Braz. J. Pharm. Sci. 2017;53(4):e17077
17. High Sensitivity C-Reactive Protein Level Increases with Rise in Body Mass Index and Not Affected by Perceived Stress in Young Saudis. Syed Najamuddin Farooq, Ammad Ahmed, Muhammad Amir Mustufa, Muhammad Irfan Safi Rizvi, Abdul halim S. Serafi , Aisha Azmat khan. Ann Med Health Sci Res. 2017; 7: 224-229
18. Evaluation of Anti-diabetic Activity of *Acacia tortilis* (Forssk.) Hayne Leaf Extract in Streptozotocin-induced Diabetic Rats. Mohammed Hasan Mukhtar, Waleed Hassan Almalki, Aisha Azmat, Mohammad Raafat Abdalla and Muhammad Ahmed. Int. J. Pharmacol. 2017; 13(5): 438-447.
19. Effects of unani anxiolytics (Somina) on general reproductive performance and teratology in rats. Muhammad Ahmed, Aisha Azmat. Int J Pharm Pharm Sci 2017;9(3):30-34.
20. Preliminary Study: Sugar-sweetened Beverages (SSBs) Consumption Correlated with Body Mass Index (BMI). Abdul Halim Serafi, Aisha Azmat, Ruqaiya Hasan and Muhammad Ahmed. Pak. J. Nutrition. 2017;16(1);33-37. [10.3923/pjn.2017.33.37](https://doi.org/10.3923/pjn.2017.33.37)
21. Pharmacological Evidence of Neuro-pharmacological Activity *Acacia tortilis* leaves in mice. Waheeb D. M Alharbi and Aisha Azmat. Metab Brain Dis. (2016) 31:881–885 DOI 10.1007/s11011-016-9821-2
22. Incidence and severity of stress among medical undergraduates and their coping abilities. Syed Najamuddin Farooq, Ammad Ahmed, Mohammad Nadeem Siddique, Aisha Azmat Khan, Abdul Halim S Serafi, Muhammad Amir Mustufa, Muhammad Irfan Safi Rizvi. International Journal of Clinical and Experimental Physiology. 2016. 3(1):10-16.
23. Somina (Herbal Preparation): Partial Muscarinic Agonist. Muhammad Ahmed and Aisha Azmat. Pharm Pharmacol Int J. 2015;2(5):00033.
24. Anticonvulsant and neuroprotective effects of the *Acacia tortilis* growing in KSA. Waheeb Dakhelallah Mohammad Alharbi and Aisha Azmat. Pak. J. Pharm. Sci., 2015;28(2):531-534.
25. Pharmacological Evidence of Hypotensive Activity of Somina (Herbal drug) in Normotensive Rats. Aisha Azmat and Muhammad Ahmed. Tropical Journal of Pharmaceutical Research. 2014;13(11):1863-1866.
<http://dx.doi.org/10.4314/tjpr.v13i11.13>
26. Acute Toxicity (Lethal Dose 50 Calculation) and Histopathological Effects of Methanolic Extract of *Berberis vulgaris* in mice. Muhammad Ahmed, Aisha Azmat. World Journal of Pharmaceutical Research. 2014. 3 (8), 1439-1448.

27. Two-generation Reproductive Toxicity Study of Barrisal (Herbal Drug) on the Sprague Dawley Rats. Muhammad Ahmed and Aisha Azmat. *Annual Research & Review in Biology*. 4(21): 3197-3202, 2014.
28. Diazepam like effects of Herbal Extract *Acacia Tortilis* Growing in KSA on locomotor activity in Mice. Waheeb D. M Alharbi and Aisha Azmat. *World Journal of Pharmaceutical Research*. 3(8): 1216-1222, 2014.
29. Hypotensive activity, toxicology and histopathology of different extracts of *Berberis vulgaris*. Aisha Azmat and Muhammad Ahmed. *Journal of Medicinal Plant Research*. Vol. 8(8), pp. 378-385, 25 February, 2014. DOI: 10.5897/JMPR2013.5310.
30. Preliminary hepatoprotective activity of Jigarine CL on Carbon Tetra Chloride induced hepatic damage in rats. Muhammad Ahmed, Aisha Azmat, Navaid-Ul- Zafar and salahuddin. *International Journal of Phytopharmacy*. Vol. 4 (1), pp.16-19, Jan-Feb 2014
31. Hepatoprotective effect of Barrisal (herbal drug) on carbon tetrachloride induced hepatic damage in rats. Muhammad Ahmed, Aisha Azmat, M. A. Azeem Navaid-ul-Zafar. Syed Iqbal Ahmad. *African Journal of Pharmacy and Pharmacology*. Vol. 7(15), pp. 776-784, 22 April, 2013. DOI 10.5897/AJPP2012.1525.
32. Enhanced Memory Processes under the Influence of Herbal Drug Somina and its Effect on Brain Serotonin. Aisha Azmat, Muhammad Ahmed, Saida Haider, Darakshan Jabeen Haleem, Navaid-ul- Zafar. Syed Iqbal Ahmad. *African Journal of Pharmacy and Pharmacology*. *African Journal of Pharmacy and Pharmacology* Vol. 6(33), pp. 2458-2463, 5 September, 2012 DOI: 10.5897/AJPP11.612
33. Hypoglycemic and Hypocholesterolemic Effects of *Acacia Tortilis* (Fabaceae) Growing in Makkah. Waheeb DM Alharbi and Aisha Azmat. *Pakistan Journal of Pharmacology*. Vol.28, No.1, January 2011, pp.1-8.
34. Hypotensive activity of Methanolic Extract of *Berberis vulgaris* (Root Pulp and Bark). Aisha Azmat, Muhammad Ahmed, Navaid Ul Zafar, And S.I. Ahmad. *Pak. J. Pharmacol*. Vol.26, No.2, July 2009, pp.41-47
35. Neuropharmacological profile of Somina (Herbal drug) In Mice and Rats. AISHA AZMAT, MUHAMMAD AHMED, NAVAIID-UL-ZAFAR. AND S.I. AHMAD. *Pak. J. Pharmacol* Vol.25, No.2, July 2008, pp.53-58 <http://pakjp.pk/articles/04092011124226.pdf>
36. Toxicological studies of a poly herbal drug Mufarreh Yaqooti Motadil. Sumbul Shamim, Navaid-Ul-Zafar, Aisha Azmat And S.I. Ahmad. *Pak. J. Pharmacol*. Vol.23, No.2, July 2006, pp.41-47 <http://pakjp.pk/articles/05092011105944.pdf>
37. Antinociceptive effects of poly herbal oil extract (PHOE). Aisha Azmat, Khawaja Zafar Ahmed, Muhammad Ahmed. And Bilquis Tariq. *Pak. J. Pharmacol* Vol.23, No.2, July 2006, pp.1-7 <http://pakjp.pk/articles/05092011104457.pdf>
38. Effect of monovalent anions on active, passive tensions and tension equilibrium length of gastrocnemii of uromastic hardwickii. Aisha Azmat, Muhammad Abdul Azeem, Hilal Ahmed Shaikh. *Pak J Physiol*. 2006; 2(1). <http://www.pps.org.pk/PJP/2-1/Aisha.pdf>
39. Hypotensive activity, toxicology and histopathology of opuntioside-I and methanolic extract of *Opuntia dillenii*. Saleem R, Ahmad M, Aisha Azmat, Ahmad SI, Faizi Z, Abidi L, Faizi S. *Biol Pharm Bull*. 2005 Oct;28(10):1844-51. (1.85 Impact Factor) <http://www.ncbi.nlm.nih.gov/pubmed/16204933>

40. Physiological and pharmacological effect of somina (Herbal preparation) on cardiac parameters. Aisha Azmat, Mohammad Abdul Azeem, Navaid-ul-Zafar and S.I. Ahmad. *Pak. J. Pharmacol.* Vol.22, No.2, July 2005, pp.35-40
<http://pakjp.pk/articles/07092011105312.pdf>
41. Effect of Herbal Drug Somina on Neurotransmitter (Dopamine). Aisha Azmat, Muhammad Ahmed, Saida Haider, Darakshan Jabeen Haleem, Navaid-ul- Zafar. Syed Iqbal Ahmad. *Pak. J. Pharmacol.* Vol 21(1) January 2004.
42. Dose-Response Curve of Somina (herbal preparation): a study on frog heart. Muhammad Ahmed, Aisha Azmat, Mohammad Abdul Azeem, Navaid-ul-Zafar and Syed Iqbal Ahmad. *Pak. J. Pharmacol.* Vol.21, No.2, July 2004, pp.19-22

5) **Presented Research Papers In Scientific Conferences:**

1. Phytochemical, Pharmacological and toxicological Analysis of some herbal medicines. January 2004. 4th International Symposium on Emerging Dimensions of Health Care. (January 20-21, 2004).
2. Physiological and pharmacological Effects of Somina (Herbal Drug) on Cardiac Parameters. January 2005. 3rd Biennial Conference on Pharmacology & Therapeutics.
3. Hepatoprotective Effect of Barrisal on Carbon Tetra chloride induced Hepatic Damage in Rats. January 2005. Third Biennial Conference on Pharmacology and Therapeutics.
4. Antinociceptive Effects of Herbal Oil. January 2005. Third Biennial Conference on Pharmacology and Therapeutics.
5. Herbal Medicines used in the treatment of cardiovascular diseases. Third Biennial Conference on Pharmacology and Therapeutics.
6. Hypoglycemic and Hypocholesterolemic effects of *Acacia tortilis* (FABACEAE) growing in MAKKAH. April 23-25, 2012. 2nd Makkah International Conference and exhibition for Pharmacy (MICP).
7. Anticonvulsant and neuroprotective Activity of Acacia growing in Makkah. UQU Medical Research Day. May 2nd 2013. King Abdullah Medical City, Makkah

6) **Presented Research Posters In Scientific Conferences:**

1. Physiological and pharmacological Effects of Somina (Herbal Drug) on Cardiac Parameters. January 2004. In 9th International Symposium on natural Product chemistry.
2. Hypotensive Principle from *Opuntia dillenii*. January 2004. In 9th International Symposium on natural Product chemistry.

3. Neuropharmacological Activity of *Acacia tortilis* leaves (A search for a new drug). UQU Medical Research Day. May 2nd 2013. King Abdullah Medical City, Makkah
4. Why Arabic Coffee? The effect of Arabic coffee on memory. UQU Medical Research Day. May 2nd 2013. King Abdullah Medical City, Makkah
5. Hypoglycemic and Hypcholesterolemic effects of *ACACIA TORTILIS* (FABACEAE) growing in MAKKAH. UQU Medical Research Day. May 2nd 2013. King Abdullah Medical City, Makkah

7. Reviewer

Worked as reviewer in different scientific Journals

8. **CONFERENCES/WORKSHOP ATTENDED**

a) Attendee

- 2 Days training workshop on Quality of Pharmaceuticals. December 27-28, 2002.
- HEJRIC-TOKTEN workshop on Animal Cell Culture. December 23, 2002 to January 03 2003.
- 4th International Symposium on Emerging Dimensions of Health Care. (January 20-21, 2004).
- National Health Sciences Research Symposium and Workshops 2003 on Mental Health. (September 22-23, 2003).
- 9th International Symposium on natural Product chemistry.
- Third Biennial Conference on Pharmacology and Therapeutics. (January 2005).
- Seminar On Examination Standards (August 6, 2005)
- Introduction to the promotion of teaching skills (Department of physiology, Faculty of medicine, Ummal qura University, holy Makkah, KSA. 26/4/2008----17/5/2008)
- 2nd Makkah International Conference and exhibition for Pharmacy (MICP). April 23-25, 2012
- Workshop "Curriculum alignment and Planning" by Prof. Patricia Stark. University of Leeds, UK. March 6th 2013. Ummal Qura University Makkah.
- Workshop "Facilitating PBL Sessions" by Prof. Patricia Stark. University of Leeds, UK. March 6th 2013. Ummal Qura University Makkah.
- UQU Medical Research Day. May 2nd 2013. King Abdullah Medical City, Makkah
- Workshop "Research Methodology and Project Design" 12 Safar 1436 AH , 4 December 2014 AD.
- Workshop "Searching the Scientific Databases and How to detect and avoid plagiarism " Presented by Dr. Mohammad Fauzi Ramadan Date: Wednesday 25/02/1436 H , 17/12/2014
- Workshop " Biostatistics and Using SPSS Program" Presented by Prof. (Dr.) Muhammad Irfanullah Siddiqui Date: Tuesday 28/04/1436 , 17/02/2015.
- Workshop "Credible and Contributory Research " Presented by Prof (Dr) Abdul-Aziz Youssef Date: Wednesday 13/05/1436 , 04/03/2015.

- Workshop " "Training on the Basics of Flow Cytometry Technique and its Applications in Scientific Research" Presented by Dr. Abdelrahman El-Arja & Dr. Ashraf Nabil Date: Monday 24/06/1436, 13/04/2015.
 - Best practice in MCQs and assessment writing workshop session 1 by Dr Paul McGovern and Dr Clare Wadlow. Monday, 8th February 2016
 - Workshop "Designing a Learning session workshop". 2nd March 2016.
 - Workshop "Use of the Database BMJ" at Umm al Qura University. 17/10/2016.
 - Workshop " Waste management and Infection Control in Medical Education Labs" at Umm al Qura University. Thursday 17th Jumada II 1438, 16th March 2018
 - Workshop "Quality in Academic Medical Laboratories"" at Umm al Qura University. Thursday Thursday 17th Jumada II 1438, 16th March 2018
- b. **As a Presenter "Neurophysiology course". 4th October 2023 at Umm al qura University, Makkah, KSA.**
- c. **As a Speaker of workshop on "Urdu language for Saudi Doctors"** Organized by Medical Student Club. 2017-2018 at UQU Medical College.
- d. **As a Speaker of workshop on "How to read an ECG"** Organized by Medical Student Club. Tuesday 11th November 2014 at UQU Medical College.
- e. **Worked As a Facilitator in the course on "Introduction to the promotion of teaching skills"** (Department of physiology, Faculty of medicine, Umm al qura University, holy Makkah, KSA. 26/4/2008----17/5/2008).

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