

Name: Amber Hanif Palla
(HEC Approved PhD Supervisor)
Education: Ph. D (Health Sciences, Pharmacology), M. Pharm, B. Pharm
Designation: Assistant Professor
Email: amber.palla@shu.edu.pk

Profile:

Dr. Amber Palla completed her Ph. D in Health sciences (Pharmacology) from Aga Khan University Hospital (AKUH), and M. Pharm from University of Karachi. Has over 11 years of academic and professional experience. A recipient of the HEC Merit Scholarship for her PhD studies, authored 7 research articles in journals of international repute.

Dr. Amber is a teacher, a researcher and a counselor for many students at SHU. She is trained in animal handling, clinical research and has expertise in Powerlab and tissue assembly set-up along with *in-vivo* and *in-vitro* models of gastrointestinal and inflammatory diseases. Dr. Amber has previously worked in reputable organizations like Aga Khan University hospital where she worked on Drug and Poison information, and was involved in Clinical rounds at intensive care unit, conducting therapeutic drug monitoring and clinical research. This clinical practice has strengthened her applied teaching skills, enabling her to correlate the theory with practical application to give her students an insight into the practical scenarios.

Research Interest:

- Immunopharmacology,
- Ethnopharmacology,
- Gastrointestinal Pharmacology,
- Clinical Pharmacology
- Pharmacy practice

Selected Publications:

1. **Palla, A H.,** Rehman, N*., Gilani, A.H., Siddiqui, H.S. Siddiqui, Bina., Ilyas, M., Perwaiz, S. (2021). Cardiac depressant and vasodialatory effect of Flaxseed- basis for the medicinal use in hypertension. Sains Malaysiana [ID: 43125]
2. **Palla, A H.,** Gilani, AH, Bashir, S., Rehman, N., (2020) Multiple mechanisms of Flaxseed-effectiveness in Inflammatory Bowel disease. Evidence Based Complementary and Alternative Medicine.
3. **Palla, A H.,** Iqbal, N T., Minhas, K, Gilani, A H. (2016). Flaxseed extract exhibits mucosal protective effect in acetic acid induced colitis in mice by modulating cytokines, antioxidant and antiinflammatory mechanisms. *International Immunopharmacology*, 6 (38), 153-166.
4. **Palla, A H,** & Gilani, A Hassan (2015). Dual effectiveness of Flaxseed in constipation and diarrhea: Possible mechanism. *Journal of Ethnopharmacology*, 169, 60-68. April
5. **Palla, A H.,** Khan, R A, Gilani, A Hassan., & Marra, F. (2012) Over prescription of antibiotics for adult pharyngitis is prevalent in developing countries but can be reduced using McIsaac modification of Centor scores: a cross-sectional study. *BMC Pulmonary Medicine*, 12(1), 70.