



BOOK CHAPTER

CAM therapies

In Book: Foundations of Holistic Healing: Complementary and Alternative Medicine. 1st Edition-USP Publisher-CABI Digital Library, ISBN: 978-969-2201-34-6. 2025

Book Chapter Title: Evidence-based practices in Complementary and Alternative Medicine

Roma Saleem, Ushna Mushtaq, Jannat Sultan, Farwa Tariq, Muhammad Ashraf, Makkia Saleem, Ayesha Zahid, Zia-ur-Rehman, Mian Kamran Sharif and Sarma Shahid

<https://doi.org/10.47278/book.HH/2025.383>

Pre and Probiotics

In Book: Gut Microbiota and Holistic Health: The Role of Prebiotics and Probiotics. ISBN: 978-969-2201-36-0 CABI Digital Library. 2025

Book Chapter: Implications of Prebiotics and Probiotics for Human Health and Wellbeing

Farwa Tariq, Ayesha Zahid, Jannat Sultan, Roma Saleem, Muhammad Ashraf, Ushna Mushtaq, Tayyaba Tariq, Aysha Sameen, Zia-ur-Rehman and Usman Mir Khan

<https://doi.org/10.47278/book.HH/2025.222>

Environmental Determinant of Lung Aging

In Book: The Lung Development, Aging and the Environment-3rd Edition-Elsevier-Academic Press Editors Kent E. Pinkerton, Richard Harding and Elizabeth Georgian

ISBN: 978-0-323-91824-4. 2025.

Book Chapter: Environmental determinants of lung aging

Francis H.Y. Green, Roma Saleem, Ariana L. Andino and Kent E. Pinkerton

Enrichment and Fortification of Traditional Foods with Plant Protein Isolates

Book: PLANT PROTEIN FOODS-Springer Nature publishers, UK Year March 2022

Book Chapter: Enrichment and Fortification of Traditional Foods with Plant Protein Isolates

ISBN 978-3-030-91205-5

Mian Kamran Sharif, Makkia Saleem, Hafiz Rizwan Sharif, Roma Saleem

DOI:10.1007/978-3-030-91206-2_5

Obesity and Overweight: The Other Side of Food Insecurity (In-progress)

CABI publishing, Wallingford, England

Mian Kamran Sharif, Makkia Saleem, Roma Saleem, Shahnah Qureshi

ARTICLES

Assessing Pakistani Commercial Honey for Its Compositional, Quality, Safety, Antibacterial and Phytochemical Analysis: A Pre-Clinical Screening

Roma Saleem, Mian Kamran Sharif, Muhammad Issa Khan, Muhammad Naeem Faisal Journal of Population Therapeutics Clinical Pharmacology. Vol.31 No. 08 (2024): 1445-1462.

DOI: 10.53555/kr6h4v86

Date: Aug 24, 2024

Evaluating the Bioactive Compounds of Beetroot and Their Pharmacological Activities in Promoting Health.

Maira Abdul Razzak, Mian Kamran Sharif, Tabana Naz, Muhammad Arham Rauf, Fareeha Shahid, Rameen Shahzad, Roma Saleem, Tahreem Aslam, and Aqsa Inam. European Journal of Health Sciences 10, no. 1 (February 25, 2024): 13–30.

<https://ajpojournals.org/journals/index.php/EJHS/article/view/1802>

<https://doi.org/10.47672/ejhs.1802>

Bitter Melon: A Comprehensive Review

Makkia Saleem, Mian Kamran Sharif, **Roma Saleem** – in Pakistan Journal of Scientific and Industrial Research (PJSIR). Ser. Physi /Biol.Sci. 65(3), 2022:297–302. (Sep-Dec2022)

Anti-diabetic Impact of *Momordica Charantia* Seed and *Aloe Barbadensis* Gel Powder in Sprague Dawley Rats – Research Paper

Makkia Saleem, **Roma Saleem**, Mian Kamran Sharif – in Sindh University Research Journal. 54(1), 2022:6-19. Y category (25th March 2022)

DOI: <https://doi.org/10.26692/surj.v54i1.4491>

***Aloe barbadensis* Miller A Comprehensive Review**

Makkia Saleem, **Roma Saleem**, Mian Kamran Sharif – in Pakistan Journal of Science 73(4), 2021:684-691.

Antidiabetic Potential of *Aloe Barbadensis* Miller

Makkia Saleem, Mian Kamran Sharif, **Roma Saleem** - in RADS Journal of Biological Research and Applied Sciences 12(1),2021:1-9.

Hypocholesterolemic Impact of Soymilk-Based Pudding in Human Subjects

Aiman Ijaz, Mian Kamran Sharif, Faiz-ul-Hassan Shah, Imran Pasha, M. Sharif and **Roma Saleem**. Research article “Hypocholesterolemic Impact of Soymilk-Based Pudding in Human Subjects” in Pakistan Journal of Food Science 28(4) 2018:1-9.

Short/Popular Articles

Chia seeds: A miracle food and its health benefits in Zarai digest University of Agriculture Faisalabad, 2025.

Roma Saleem, Farwa Tariq, Zia-ur-Rehman, Muhammad Ashraf, Muhammad Tariq, Riaz Mustafa, Muhammad Usman and Wasif Shafiq.

The importance of physical activity: Limitation and tips in Zarai digest University of Agriculture Faisalabad, 2025.

Farwa Tariq, Zia-ur-Rehman, **Roma Saleem**, Muhammad Ashraf, Tayyba Tariq

As Reviewer (Thesis/Articles)

- Completed 1 review of research article in July 2025 from Journal of Ethnopharmacology.
- Evaluation of thesis of Mr. Faizan Rasool Reg. No. 2019-ag-8542 student of M.Sc. (Hons.) Food Technology, National Institute of Food Science & Technology UAF, 25-07-25.
- Evaluation of thesis of Miss Ramisa Maryam Reg. No. 2023-ag-616 student of M.Sc. (Hons.) Human Nutrition and Dietetics, National Institute of Food Science & Technology UAF, 28-07-25.



Keynote Speaker

- Keynote speaker titled “Diabetes, Ramzan and Nutrition” at 1st Symposium on DAR (Diabetes & Ramadan) Arranged by Medicine Department DHQ Hospital, T.T Singh & Pakistan Medical Association (Gojra) on 21st February 2025 at Dhulum Palace, T.T. Singh.
- Trainer in “Capacity Building for Frontline Lady Health Workers (LHWs) in Nutrition” in collaboration with Pak-Korea Nutrition Center (PKNC), NIFSAT, UAF on December 26-27th 2024 organized at Constituent college T.T. Singh.
- Keynote speaker in “Strengthening Nutrition Knowledge of School Teachers for Improved Community Health” in collaboration with Pak-Korea Nutrition Center (PKNC), NIFSAT, UAF on December 19-20th 2024 at Constituent college T.T. Singh.
- Keynote speaker in “2-Day Training of Clinical Dietitian” in collaboration with Pak-Korea Nutrition Center (PKNC), NIFSAT, UAF on April 24-25th 2024 at Constituent college T.T. Singh.