



Dr. Alpana Ram

Centre/School/Special Centre : School of Natural Resources

Department: Pharmacy

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Qualifications : M.Pharm. , Ph.D.,Dip. Marketing Management

Area of Interest/Specialization : Pharmaceutics

Experience : 32 yrs

Awards and Honors : Distinguished Woman of the Year 2019 awarded by Venus International Foundation Chennai.

Research Projects :

Cultivation and Evaluation of petrocrops Jatropha and Karanj on Degraded Lands of Chhattisgarh, by Department of Land Resources, Ministry of Rural Development, Govt. of India worth Rs 30 Lakhs as Co -PI.

International Collaboration/Consultancy : Nil

List of Publications

- 1. Alpana Ram** Drug Delivery Systems: New Trends. Pharma Today 1990,10-12.
- 2. Alpana Ram, P Lauria and V N Sharma,** Lipoprotein Receptor Concept and Implications for Reduction of Cardiovascular Risk. Doctors News 6(5)1993; 7-11.
- 3. Alpana Ram, P.Lauria, Pradeep Kumar and V N Sharma** The Lipid Lowering Drugs: Updated. Indian Journal of Hospital Pharmacy. sept-oct 1993; 167-170.
- 4. Alpana Ram,** Effect of Plumbago zeylanica in Hyperlipidaemic rabbits and its modification by vitamin E. Indian J Pharmacology 1996;161-166. **IF 1.2**

5. **Alpana Ram**, P.Lauria, R. Gupta, V.N.Sharma. Hypolipideamic effect of *Myristica fragrans* fruit extract in rabbits. *Journal of Ethnopharmacology*, 1996; 55, 49-53 . **IF 4.36**
6. **Alpana Ram**, P.Lauria, R. Gupta, Pradeep Kumar, V.N.Sharma. Hypocholesterolaemic effects of *Terminalia arjuna* tree bark. *Journal of Ethnopharmacology*, 1997; 55: 165-169. **IF 4.36**
7. V.N. Sharma, **Alpana Ram**. The good, the bad, the ugly and the deadly cholesterol. *South Asian Journal. Preventive Cardiology*, 1998; 2; 52-58.
8. Ahirwar Bharti, Ahirwar D and **Ram Alpana**, Comparative quality parameter of Asava, *International Journal of Green Pharmacy*, 2007, 1(3-4):42-43. **IF 0.128**
9. Surendra H. Bodakhe and **Alpana Ram**, Hepatoprotective properties of *Bauhinia variegata* bark extract, *Yakugaku Zasshi* 2007, 127(9), 1503-1507 **IF 0.368**
10. Jitendra Kawadkar and **Alpana Ram**. Colon targeted chitosan microsphere compressed matrices for treatment of ulcerative colitis. *Pharma info.net*.2007;1-13.
11. Lanjhiyana S, Singhai A K, Dangi J S, Lanjhiyana S. and **Ram Alpana**. Oral antihyperglycaemic potential of Root Bark Extract of *E.glaucum pers* . in Normal and Streptozotocin Induced Diabetic Rats. *Journal of Pharmaceutical Research*, 2007, vol 6, no 4, 197-200.
12. Shruti Rathore and **Alpana Ram**. Colon Targeted Pulsatile Drug Delivery. *Pharma info.net*. April, 2007
13. Bharti Ahirwar, Ahirwar D, V K Dixit and **Alpana Ram**, Antihistaminic activity of Kanakasava: A polyherbal formulation, *Adv. Pharmacol. Toxicol.*, 2008, 9(3); 141-145. **IF 0.93**
14. Bharti Ahirwar, Ahirwar D and **Alpana Ram**, Antihistaminic effect of sitopaladi churna extract, *Research J. Pharm. and Tech.* 1(2)2008, 89-92. **IF 1.203**
15. **Alpana Ram** , Fast release products of Tolbutamide; Formulation and Evaluation , *CSVTU Research Journal* 1(2).2008;89-94
16. Bharti Ahirwar, **Alpana Ram** Antihistaminic activity of AVB-01 a polyherbal formulation, *Pharmacog Magazine* 2008, S 46-50. **IF 1.085**
17. Bharti Ahirwar, **Alpana Ram** and Dheeraj Ahirwar, Passive cutaneous anaphylactic activity of vasavaleha, *CSVTU Research Journal* 2(2) 2009, 78-80.
18. Rathor Shruti and **Ram Alpana** Formulation and Characterisation of Biocompatible Microspheres of Benzophenone-3 , *Research Journal of Pharmaceutical Dosage Forms and Technology* 1(3).2009;222-225.

19. kaushik M, Chitmay HR, Bodakhe SH, Bodakhe KS, **Ram A**, Tripathi A. A Study on antiarthritic Potential of *Ficus Glomerata* Roxb. Latex in Rats .International J of, Pharmacol, Biol. Sci. Vol.3(3), 2009, 33-40. **IF 0.888**
20. kaushik M, Chitmay HR, Bodakhe SH, Bodakhe KS, **Ram A** & Tripathi A. Screening of Anti-inflammatory potential of *Ficus Glomerata* Roxb Latex in Rats. Advances in Pharmacology and Toxicology 2, 2009,81-84. **IF 0.93**
21. Bodakhe SH, **Ram A** and Bodakhe KS, Anti-inflammatory activity of *Morina longifolia* extract , Adv. Pharmacol. Toxicol. 10(2), 2009, 71-79. **IF 0.93**
22. Ahirwar B, **Alpana Ram** and Ahirwar D, Air Pollution a major culprit of asthma, Res. J. of Science and Technology ,Vol. 1,2009, 1-8.
23. Bodakhe S H , **Alpana Ram**. Isolated Cock Ileum:A Tool for Pharmacology Experiments . Indian Journal of Pharmaceutical Education and Research 43(2).2009;199-202. **IF 0.686**
24. Peeyush Kumar , **Alpana Ram**, Rajeev Kumar and Mithilesh Kumar. Nanotechnology: An Innovative Approach for HIV/AIDS Treatment. J Pharmacy Research, 2010,3(10),2345-2349
25. Bodakhe SH, **Ram A** and Pandey Devi P. A new aromatic glycoside from *Morina longifolia* wall, Asian J of chem. vol.22, No. 4, 2010, 2789-93. **IF 0.54**
26. P.verma, **A.Ram**, A.K.Jha, A.Mishra, A. Thakur. Phosphatidyl Choline: A Revolution in Drug Delivery Technology. International Journal of Pharm.Sciences and Research vol. 1, issue 2, 2010, 1-12.**IF 3.226**
27. Kawadkar J, Chauhan MK, **Ram A**, Evaluation of Potential of Zn-Pectinate gel (ZPG) containing Mesalazine for Colonic Drug Delivery. DARU 2010 Vol.18, No. 3 ,211-220. **IF 2.69**
28. Peeyush Kumar , **Alpana Ram**, Nanotechnology: An Innovative Approach for HIV/AIDS Journal of Pharmacy Research, 3(10) 2010
29. Shruti Rathor and **Alpana Ram**. Investigation of Depressant activity of an ayurvedic churna in mice:A Preliminary Study. International Journal of Pharmaceutical Sciences and Nanotechnology 2010;790-794
30. Vinod Verma and **Alpana Ram**, Preparation, Characterisation and In-vitro Release of Piroxicam-loaded Solid Lipid Nanoparticals , International J of Pharmaceutical Sciences and Nanotechnology,2010,Vol.3 (3),1136-1140
31. Peeyush Kumar , Pramod Kumar, **Alpana Ram** , Mithilesh Kumar and Rajeev Kumar, Coenzyme Q10: A Progress Towards the Treatment of Neurodegenerative

Disease. *Oriental Pharmacy and Experimental Medicine*,2010,10(4),239-253.**IF 0.211**

32. Surendra H Bodakhe, **Alpana Ram**, Kiran S Bodakhe and Devi Prasad Pandey
New polyphenolic aromatic glycoside from *Bauhinia variegata* L stem bark. *Asian journal of Chemistry* 2010;3549-3553. **IF 0.54**

33. **Alpana Ram**, Peeyush Kumar, Rajeev Kumar, Mukesh Kumar.
Nanotechnology: An Emerging Technology for Treatment of Neurodegenerative Disease. *Inventi Rapid*, 2010, vol.1,issue 3.

34. Shruti Rathor and Ram Alpana, Porous Microspheres of 5-Fluorouracil for Site Specific Drug Delivery in Gastric Cancer. *International J of Current Pharmaceutical Research*,2011,vol. 3,issue 1,38-42.

35. Abhishek kumar Sah, Ashish Rambhade, **Alpana Ram** and Sunil Jain .
Resealed Erythrocytes: A Novel Carrier for Drug Targetting. *Journal of Chemical and Pharmaceutical Research* 2011,vol.3,no.2;550-565.

36. Suresh sahu, **Alpana Ram** Development and Characterisation of nanostructured lipid carriers of oral Hypoglycemic agent: Selection of surfactants. *International Journal of Pharmaceutica Sciences Review and Research* 2011;vol 7, issue 2; 125-130

37. P.Verma and **A Ram**. Effect of different penetration enhancers on skin permeation of drug using ethosomal carrier systems. *Jour. of Current Pharmaceutical Research* Vol 5 no 1,2011; 42-44. **IF 0.65**

38. **Ram Alpana**, Kumar Peeyush, Kumar Mukesh. Marine Pharmacotherapy for Cancer and Viral diseases. *International Journal of Pharmaceutical Frontier Research* 2011;1(1):85-97.

39. **Alpana Ram**, Shailendra Wasnik, Poonam Parmar, Ashok K Sahu, Narendra Patrey and Rajendra singh Rathore. Exchangeable ion and its Pharmaceutical Importance. *International Journal of Pharmaceutical Research* 2011;vol 3 issue 3; 1-9

40. S. Wasnik, P.Parmar, D.Singh, **Alpana Ram**. Preparation and Characterisation of Floating Drug Delivery System of Azithromycin. *Acta Poloniae Pharmaceutica-Drug Research*, Vol.69, no.3 ,515-522,2012 . **IF 0.35**

41. **Alpana Ram**, Abhinav Thakur, Vineet Mittal, Proniosomal Provesicular System for Transdermal Delivery of Hydralazine for Hypertension .*Asian Jour of Pharmaceutical and Clinical Research*, Vol. 5, issue 3,1-5,2012. **IF 0.32**

42. Rathore Shruti and **Ram Alpana** Formulation & Characterisation of an intragastric floating drug delivery system of Doxorubicin Hydrochloride : in vitro- in vivo release study. *Asian journal of Pharmaceutical & Clinical Research* vol 5. Suppl 1, 2012,150-158.

43. Mohd Irfan, S. Verma, **Alpana Ram**, Preparation and Characterisation of Ibuprofen loaded Transfersomes as a Novel Carrier for Transdermal Drug Delivery, Asian Jour of Pharmaceutical and Clinical Research, Vol. 5, issue 3, 162-165, 2012. **IF 0.32**

44. Surendra H Bodakhe, **Alpana Ram**, Suruchi Verma and Devi Prasad Pandey Anticataract activity of rhamnocitrin isolated from Bauhinia Variegata stem bark. Oriental Pharmacy and Experimental Medicine vol.12, 2012, 227-232. **IF 0.211**

45. Dheeraj Ahirwar, Bharti Ahirwar and **Alpana Ram** Nanotechnology for Herbal Extract: A Novel Approach. APTI Bulletin-Continuing Education Vol. 14, Issue 79, Nov-Dec, 2012

46. Krishna Gopal Das and **Alpana Ram**. Niosome as a Novel Drug Delivery System: A Review. Int. journal of Applied Pharmaceutics, Vol. 5 issue 1, 2013; 1-7. **IF 0.82**

47. Shruti Rathore and **Alpana Ram** Floating Drug Delivery System as an approach to increase gastric retention of Methotrexate : Formulation and evaluation, Asian journal of Pharmaceutical & Clinical Research . Vol6 issue 1, 2013; 42-47.

48. **Alpana Ram**, Development and evaluation of solid dispersions of Tolbutamide, Asian journal of Pharmaceutical & Clinical Research, Vol.6, Suppl1, 2013; 220-224.

49. Peeyush Vasistha and **Alpana Ram**, Non ionic pro-vesicular drug carrier: an overview. , Asian journal of Pharmaceutical & Clinical Research, Vol.6, Suppl1, 2013 38-42

50. Peeyush Vasistha and **Alpana Ram**, Proniosomes, as a drug carrier for transdermal delivery of Hydrochlorothiazide and Lisinopril combination, Int. Journal of Pharmacy and Pharmaceutical Sciences, Vol 5 Issue 4, 2013, 142-149.

51. Vinod Verma and **Alpana Ram**. Development of Piroxicam loaded SLN based hydrogel for transdermal delivery, International Journal of Pharmaceutical Sciences Nanotechnology, Vol.7 issue 1, 2014, 2338-2345

52. Rakesh Raj, Pooja Mongia, **Alpana Ram** and NK Jain. Enhanced delivery of aceclofenec via hydrogel based solid lipid nanoparticles. Artificial Cells, Nanomedicine and Biotechnology, 2015, 44;6, 1434-1439. **IF 5.678**

53. Rakesh Raj, Pooja Mongia, **Alpana Ram**, Lipid based noninvasive vesicular formulation 17, 2016, 206-228. **IF 3.03**

57. Shruti Rathore and **Alpana Ram**, Advancement in Transdermal drug delivery system: Microneedles. Asian Journal of Pharmaceutical Research and Development Vol. 5 (5) Sept - Oct. 2017:1-07.

58. Rakesh Raj, Pooja Mongia Raj and **Alpana Ram**, Biodistribution and targeting potential assessment of mucoadhesive chitosan nanoparticles designed for ulcerative

colitis via scintigraphy . RSC Advances,2018:Vol.8, 20809- 20821. **IF 3.361**

59.Suresh Sahu and **Alpana Ram**. Evaluation of Linezolid Loaded Ethosomes for Treatment of Deep Skin Infections in Diabetic Model. Research Journal of Pharmacy and Technology 11(7): July 2018, 3023-3030.**IF 1.203**

60.Rathor Shruti, **Ram Alpana**, Pardeshi Shraddha. Antidistinct Nanoparticles for drug delivery. Advance Research in Pharmaceuticals and Biologicals 2018; Vol 8 (IV), 1073-1081.

61. Rakesh Raj. Pooja Mongia and **Alpana Ram**, Nanosized ethanol based malleable liposomes of cytarabine to accentuate transdermal delivery:formulation optimization, in vitro skin permeation and in vivo bioavailability , Artificial Cells, Nanomedicine, and Biotechnology An International Journal 2018. **IF 5.678**

62. Suresh Kumar Sahu, Rakesh Raj*, Pooja Mongia Raj and **Ram Alpana** Topical Lipid Based Drug delivery Systems for Skin Diseases:A Review. Current Drug Therapy . 2020, 15, 4, 283-298 **IF 0.57**

63. Rashmi Madharia, **Alpana Ram** and Shruti Rathore. Stimuli responsive controlled release systems. World journal of Pharmacy and Pharmaceutical Sciences World journal of Pharmacy and Pharmaceutical Sciences 2021:vol.10,issue 7, 333-348. **IF 6.647**

64. Shruti Rathore, **Alpana Ram**, Deepesh Lall, Bhagyashree Agarwal, Pranay Soni, Mohd Javed Naim. Development and Evaluation of Sunscreen Cream containing Benzophenone-3 Microspheres for enhancing Sunscreen Activity Research journal of Pharmacy and Technology 2021:vol 14issue 11, 6078-6084. **IF 1.203**

Recent Books/Book Chapters/Monographs etc.

Books (International)

1. P. Verma, **A. Ram**, A.K.Jha . Topical Ethosomal Carriers of Ascorbic Acid: A novel skin care formulation . Lap Lambert Academic Publishing, Germany. ISBN: 978-3-659-29574-4, 2012

2.S.Sahu, **A.Ram**. Controlled release microspheres of Antimalarial drug, Lap Lambert Academic Publishing, Germany. ISBN: 978-3-659-29574-4, 2013

Book Chapters

1.Alpana Ram, Heavy Metals and Heavy Metal Antagonists. Essentials of Pharmacology: Basic Principles and General Concepts 3rd ed. 2007 CBS Pub. & Dist., New Delhi, pp 558-566. ISBN:81-239-1449-0

2.Alpana Ram, Non Metallic Environmental Toxicants. Essentials of Pharmacology: Basic Principles and General Concepts 3rd ed. 2007 CBS Pub. & Dist., New Delhi, pp 567-574. ISBN:81-239-1449-0

3. Alpana Ram. Enzymes. Ocular Pharmacology and Therapeutics Vol.X, 1st ed. 2002 Eds. LP Agarwal & VN Sharma,Sankalp Pub. New Delhi.pp 51-58. ISBN:81-88173-02-9

4. Alpana Ram. Chelating Agents. Ocular Pharmacology and Therapeutics Vol.X, 1st ed. 2002 Eds. L P Agarwal & VN Sharma,Sankalp Pub. New Delhi.pp . **275-280** ISBN :81-88173-02-9.

5. Alpana Ram. Osmotic Agents. Ocular Pharmacology and Therapeutics Vol.X, 1st ed. 2002 Eds. L P Agarwal & VN Sharma,Sankalp Pub. New Delhi.pp . **281-294**. ISBN :81-88173-02-9.

6. Rakesh Gupta,Alpana Ram, and Shobhna Singh. Ophthalmic Formulations. Ocular Pharmacology and Therapeutics Vol.X, 1st ed. 2002 Eds. L P Agarwal & VN Sharma,Sankalp Pub. New Delhi.pp . 561-608. ISBN :81-88173-02-9.

Research Supervision : 06 Ph.Ds awarded and one ongoing, 24 M.Pharm. Dissertations

awarded

Administrative Responsibilities

- Election officer(Students Council Election)
- Member Examination Discipline Committee,
- Member Innovation Committee
- Departmental Research Degree Committee
- Member, Faculty service Confirmation Committee
- Member, Scrutiny Committee and verification committee for various teaching and nonteaching posts

- Member Selection Committee for various teaching and non teaching posts
- Member, Physical verification Committee of various Departments of GGV
- Chairman, Admission Committee of B.Pharm, Lateral Entry, and Ph.D
- Expert in faculty selection committee of colleges of Chhattisgarh Swami Vivekanand Tech.University, Bilai.
- Member of Inspection committee of various colleges.
- Member of Gender Sensitization Cell
- Member Fact finding Committee
- Member, Departmental Anti Ragging Committee

Additional Information

- Former Head Institute of Pharmaceutical Sciences. (March 2006 to March 2009),
- Organised 06 National Seminars/Conferences/Workshops as Co-Convener.
- Presented papers in 37 national and International conferences.
- Delivered 13 invited lectures in national and international conferences.
- Chaired 9 technical sessions in national seminars.
- Obtained best paper presentation award in National seminar.
- One German Patent granted (No.A61K 9/10 dated 7.12.2022).