

Dr. Panagiotis Kallimanis

Curriculum Vitae

I was born in Athens, Greece, on 13 December of 1974

- **DOCTORAL DISSERTATION, PhD (Doctor of Philosophy) (2022)**

Faculty of Pharmacy, Department of Pharmacognosy and Chemistry of Natural Products of the National and Kapodistrian University of Athens (NKUA). The grade of the Doctorate was, unanimously by all seven examiners, 10/10 which corresponds to the evaluative designation "Excellent".

Supervisor Dr. Ioanna V. Chinou, Professor of Pharmacognosy

- **POSTGRADUATE DIPLOMA IN CLINICAL PHARMACY, MSc (Master of Science) (2007)**

Faculty of Pharmacy, Department of Pharmaceutical Technology of the National and Kapodistrian University of Athens (NKUA). The grade of the master's degree was 8.58/10 which corresponds to the evaluative designation "Excellent".

(The grade was the highest in the department- First in Class)

- **PHARMACY DEGREE (2002)**

Faculty of Pharmacy of the University of Rome Italy, ROMA I "LA SAPIENZA" (Dottore in FARMACIA). The grade of my degree was 104/110, which, based on the Greek scale of 5-10, corresponds to the grade 9.32 and the evaluation designation "Excellent". (ΔΙ.ΚΑ.Τ.Σ.Α, No. 22501)

Studies

- 1) Kallimanis Panagiotis, Gabriela Mazzanti. “Farmacologia ed impieghi medici degli Interferoni”.

Diploma Thesis, Rome 2002, Italy.



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- 2) Panagiotis Kallimanis. “Serum levels of the cytokines TGF- β 1, IL-1 β , IL-6, IL-10, IL-12p70 and TNF- α in patients with mild psoriasis vulgaris, before and after treatment with biologic drugs”

MSc Thesis, Athens 2007, Greece.



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Περίληψη_MSc_.pdf



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- 3) Panagiotis Kallimanis. “Study of plants of the Lamiaceae family for the production of metabolites that inhibit the action of the Aryl Hydrocarbon Receptor (AhR), with application to skin diseases “

PhD Thesis, Athens 2022, Greece.

<https://pergamos.lib.uoa.gr/uoa/dl/object/3255539/file.pdf>



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PhD Summary.pdf



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Publications

- 1) PG Kallimanis, PG Stavropoulos. “**Blood levels of cytokines in psoriatic patients: Potential benefits**”

Hellenic Dermato-Venereological Review (2007), 18(2), 127-132.

<https://edae.gr/journals/20070406/127-134.pdf>

- 2) Kallimanis PG, Xenos K, Markantonis SL, Stavropoulos P, Margaroni G, Katsambas A, Avgerinou G. “**Serum levels of transforming growth factor- β 1 in patients with mild psoriasis vulgaris and effect of treatment with biological drugs.**”

Clinical and Experimental Dermatology (2009), Jul; 34(5):582-586.

DOI: [10.1111/j.1365-2230.2008.03026.x](https://doi.org/10.1111/j.1365-2230.2008.03026.x)

- 3) Kallimanis P, Chinou I, Panagiotopoulou A, Soshilov AA, He G, Denison MS, Magiatis P. **"Rosmarinus officinalis L. Leaf Extracts and Their Metabolites Inhibit the Aryl Hydrocarbon Receptor (AhR) Activation In Vitro and in Human Keratinocytes: Potential Impact on Inflammatory Skin Diseases and Skin Cancer."**
Molecules. 2022; 27(8):2499.
<https://doi.org/10.3390/molecules27082499>.
- 4) Kallimanis P, Magiatis P, Panagiotopoulou A, Ioannidis K, Chinou I. **"Extraction Optimization and Qualitative/Quantitative Determination of Bioactive Abietane-Type Diterpenes from Three Salvia Species (Common Sage, Greek Sage and Rosemary) by ¹H-qNMR."**
Molecules. 2024; 29(3):625.
<https://doi.org/10.3390/molecules29030625>.
- 5) Kallimanis P, Magiatis P, Tsiaka T, Zoumpoulakis P, Panagiotopoulou A, Chinou I. **"¹H-qNMR as a Tool for the Quantitative and Qualitative Evaluation of Abietane-Type Diterpenes in Lamiaceae Species Cultivated in Greece."**
Applied Sciences. 2025; 15(15):8361.
<https://doi.org/10.3390/app1515836>.
- 6) Kallimanis P, Prodromidis S. **"Real-World Efficacy and Safety of a Topical Salvia fruticosa Leaf Extract Rich in Carnosic Acid and Carnosol for Mild to Very Severe Facial Seborrheic Dermatitis: A 12-Year Retrospective Study."**
Cureus. 2026;18(7): e113656.
<https://pmc.ncbi.nlm.nih.gov/articles/PMC13525728/>

Oral and Poster presentations in conferences

1) International conference ICNPU 2019, Albena, Bulgaria 2019.

- a. P Kallimanis, K Graikou, I Chinou. **“Comparison of volatiles’ composition from selected *Salvia* species, cultivated in Greece.”**



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Salvia_POSTER_ICNPU



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SALVIA_Summary.pdf

- b. P Kallimanis, I Chinou, P Magiatis, A Soshilov, M Denison. **“*Rosmarinus officinalis* L. extracts from Greece and its secondary metabolites as antagonists of the aryl hydrocarbon receptor.”**



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2) 7th SYFAK Conference “Pharmacy in Health, Beauty and Well-being”, September 14-15, Heraklion, Crete, 2019

- a. Panagiotis Kallimanis. **“Treatment of skin diseases with safe galenic preparations: Collaboration between pharmacist and dermatologist”**



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(in Greek)

3) 8th SYFAK Conference “Pharmacy in the New Era”, September 11-12, Heraklion, Crete, 2021.

- a. Round Table: Mild dermatological problems in Pharmacy: Onychomycosis, Diabetic Foot, Wound Healing, Atopy, Acne vulgaris, burns, bruises... How can they be treated in the pharmacy with herbal products?

Coordinator: Harami Popi, Pharmacist, Editor-in-Chief of Pharmacy Management and Communication.

Participation:

Skaltsa Eleni, Professor of Pharmacy, NKUA, 2nd Vice President of the Board of Directors of the Hellenic Pharmaceutical Association

Chinou Ioanna, Professor of Pharmacy, NKUA, General Secretary of the Hellenic Pharmaceutical Association

Aligiannis Nektarios, Assoc. Professor of Pharmacognosy, University of Athens

Kallimanis Panagiotis, Pharmacist, MSc Clinical Pharmacy, PhD in Pharmacognosy

Watch lectures:

<https://www.youtube.com/watch?v=xStdD6vvMz0>
(in Greek)

4) International conference GA – 69th Annual Meeting 2021, Bonn, Germany. Virtual Conference, 5-8 Sept. 2021.

- a. P Kallimanis, P Magiatis, Th Tsiaka, P Zoumpoulakis, A Panagiotopoulou, I Chinou. **“Quantitative and qualitative evaluation of 60 Labiatae species, growing in Greece, regarding the content of selected abietane-type diterpenes using ¹H-qNMR.”**

Planta Med 2021; 87(15): 1274. DOI: 10.1055/s-0041-1736860



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5) 20th International Congress of the International Society for Ethnopharmacology (ISE). Virtual Congress. 18-21 April, Thessaloniki 2021.

- a. Kallimanis P, Prodromidis S. **“Plaque psoriasis therapy using a cream containing *Salvia fruticosa* Mill.”**



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- b. Kallimanis P, Prodromidis S. **“Guttate psoriasis therapy using a cream containing *Salvia fruticosa* Mill.”**



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Kallimanis_GUTTATE-
PS_POSTER_ISE.2021.p

- c. Kallimanis P, Prodromidis S. **“Treatment of seborrheic dermatitis using a cream containing *Salvia fruticosa* Mill.”**



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6) **HELLAS PHARM “New goals, new horizons for pharmacy”,
April 8-9, Faliro Tae Kwon Do Indoor Gym, 2023.**

a. Round table: “Phytotherapy in the pharmacy today”

Coordinator: Aligiannis Nektarios, Assoc. Professor of Pharmacy,
National University of Athens

Participation:

Ioanna Chinou, Professor of Pharmacy, National University of Athens

Dr. Panagiotis Kallimanis, Pharmacist, MSc Clinical Pharmacy, PhD
Pharmacognosy

Elli Lambretsa, Pharmacist

Markos Filianos, Pharmacist

Watch the talks: <https://hellaspharm.gr/videos/>
(in Greek)

7) **20^o Panhellenic Pharmaceutical Conference, 16-17 December,
National Hellenic Research Foundation, Athens, Greece 2023.**

- a. Panagiotis Kallimanis, Prokopios Magiatis, Angeliki Panagiotopoulou,
Ioanna Chinou. **“Extraction optimization of betulinic acid through
different herbal preparations from *Rosmarinus officinalis* L. by ¹H-
qNMR.”**



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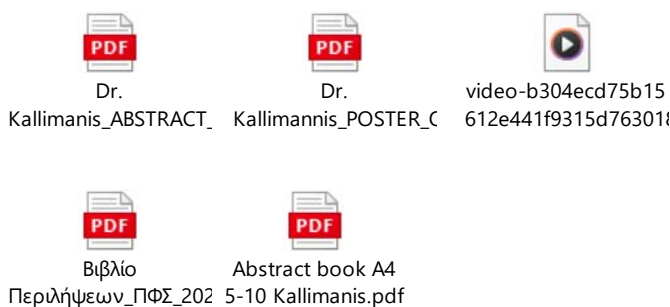


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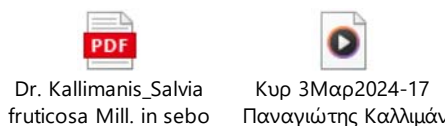
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- b. Panagiotis Kallimanis, Serafim Prodromidis, Prokopios Magiatis.
**“Onychomycosis due to *Candida albicans* successfully treated
topically with an herbal formulation: a case report.”**



8) 2^o Panhellenic Congress of Ethnopharmacology, 1-3 March, Ioannina, Greece 2024.

- a. Panagiotis Kallimanis, Serafim Prodromidis. *“Salvia fruticosa* Mill. (Greek sage) in seborrheic dermatitis”



- b. Panagiotis Kallimanis, Serafim Prodromidis. *“Novel herbal formulation for the treatment of onychomycosis caused by dermatophytes and yeasts: a case series”*



9) 50th Annual Meeting-Panhellenic Medical Conference, 25-27 April, Athens, Greece 2024.

- a. Panagiotis Kallimanis, Serafim Prodromidis, Prokopios Magiatis. *“Natural composition of topical application for the treatment of onychomycosis”* (in Greek)



10) 51th Annual Meeting-Panhellenic Medical Conference, 22-24 May, Athens, Greece 2025.

- a. Panagiotis Kallimanis, Serafim Prodromidis, Prokopios Magiatis. **“Natural composition for topical application for the treatment of acute paronychia.”**
(in Greek)



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ΕΠΙΣ_2025-Abstracts-I

11) 73rd International Congress and Annual Meeting of the Society for Medicinal Plant and Natural Product Research (GA). Naples, Italy. August 31- September 3, 2025.

- a. Panagiotis Kallimanis, Serafim Prodromidis. **“*Salvia fruticosa* Mill. extract rich in carnolic acid in mild to very severe adult facial seborrheic dermatitis: a small case series”**



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- b. Panagiotis Kallimanis, Serafim Prodromidis. **“Treating mild to severe plaque psoriasis topically with *Salvia fruticosa* Mill. rich in carnolic acid: an observational retrospective study”**



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POSTER_Ps_GA.Napoli

- c. Panagiotis Kallimanis, Serafim Prodromidis. **“Innovative herbal formulation as monotherapy to treat topically onychomycosis: an observational retrospective study”**



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12) 35th Multidisciplinary Medical Conference GNA 251, 12-13 February 2026

- α. Panagiotis Kallimanis, Serafim Prodromidis. **“Treatment of severe plaque psoriasis with salvia triloba extract rich in carnosic acid and carnosol.”**
(in Greek)



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13) 52th Annual Meeting-Panhellenic Medical Conference, 2-4 April, Athens, Greece 2026.

- α. Panagiotis Kallimanis, Serafim Prodromidis. **“Topical composition with salvia triloba extract high in carnosic acid and carnosol for the treatment of hand eczema”**
(in Greek)



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14) 74rd International Congress and Annual Meeting of the Society for Medicinal Plant and Natural Product Research (GA). Reims, France. August 31- September 3, 2026.

- α. Panagiotis Kallimanis, Serafim Prodromidis. **“Topical *Salvia triloba* extract rich in carnosic acid and carnosol for hand eczema: an observational retrospective study”**



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Dr.

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- β. Panagiotis Kallimanis, Serafim Prodromidis. **“Topical *Salvia fruticosa* extract rich in carnosic acid and carnosol for COVID-19-associated cutaneous manifestations: three cases”**



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- γ. Panagiotis Kallimanis, Serafim Prodromidis. **“Plant-derived topical formulation in acute infective paronychia: a retrospective case series”**



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Patents

Holder of 7 patents relating to compositions and methods for the treatment of various diseases of the skin, scalp, nails, oral cavity and genitourinary system.

1) “PREPARATION OF DRUG WITH ACTIVE SUBSTANCE OF URSOLIC ACID FOR THE TREATMENT OF PSORIASIS”.

Georgios Kallimanis, Panagiotis Kallimanis

Publication info: GR1006093 (B) 2008-10-06

2) “PREPARATION OF A MEDICINE HAVING FOR DRASTIC COMPONENT URSOLIC ACID FOR THE SIMPLE AND CYSTIC ACNE TREATMENT”.

Georgios Kallimanis, Dimitrios Kallimanis, Panagiotis Kallimanis

Publication info: GR1006399 (B) 2009-05-22

3) “LOCAL APPLICATION OF URSOLIC ACID FOR THE THERAPY OF APHTHAE, REGULAR LICHEN OF THE ORAL MUCOSA AND HERPETIC GINGIVITIS-STOMATITIS”.

Panagiotis Kallimanis

Publication info: GR1006667 (B) 2010-01-19 GR20080100690 (A) 2010-02-24

4) **“TOPICAL APPLICATION OF URSOLIC ACID FOR THE PREVENTION AND TREATMENT OF DENTAL CARIES, THE PREVENTION AND TREATMENT OF PERIODONTITIS AND THE THERAPY OF ORAL CANDIDIASIS”.**

Panagiotis Kallimanis

Publication info: GR1006663 (B) 2010-01-15 GR20080100691 (A) 2010-02-24

5) **“ROSEMARY AND SAGE EXTRACTS FOR SKIN DISEASES - COMPOSITIONS AND TREATMENT METHODS”.**

Panagiotis Kallimanis

Publication info: GR1009073 (B) 2017-07-07

6) **“COMPOSITIONS WITH ANTIBACTERIAL, ANTIFUNGAL AND ANTIPARASITIC ACTIVITY FOR TREATING INFECTIONS OF THE SKIN, NAILS AND UROGENITAL SYSTEM”.**

Panagiotis Kallimanis

Publication info: GR20190100361 (A) 2021-03-16 GR1009987 (B) 2021-04-22

7) **“NATURAL COMPOSITIONS WITH ANALGESIC AND ANTI-INFLAMMATORY ACTIVITY FOR THE TREATMENT OF MUSCULOSKELETAL DISORDERS”**

Panagiotis Kallimanis

Publication info: GR20240100559

Owner and responsible pharmacist of Dr. Kallimanis' Community Pharmacy since 2005. (The pharmacy was founded in 1995 by Dr. George Kallimanis, Pharmacist PhD)

Inventor and responsible for the distribution of the following preparations (notified to the European Union, CPNP):

- 1) **Kallonychos**
- 2) **Kallpain**
- 3) **Kalln.**